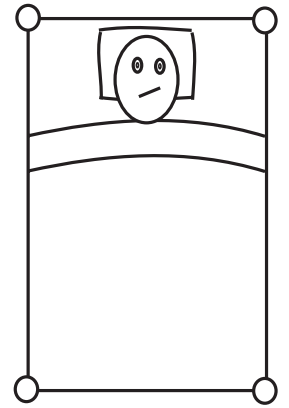
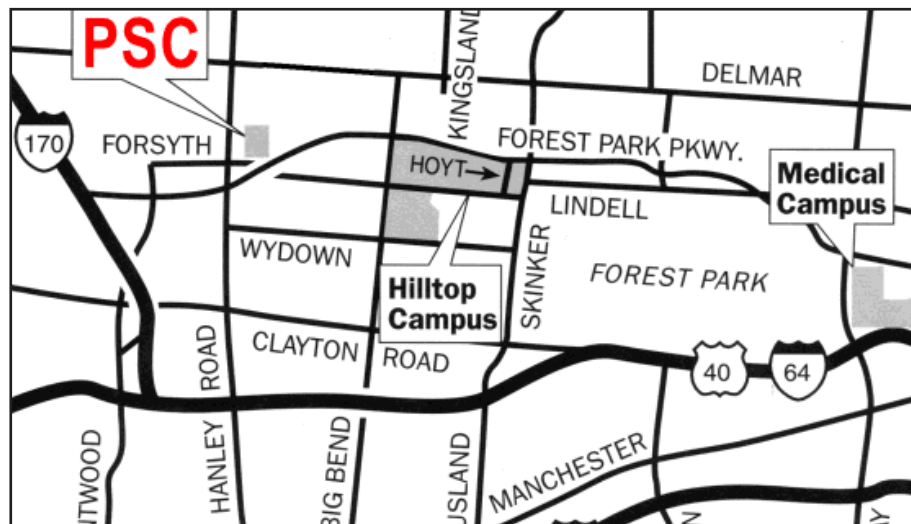
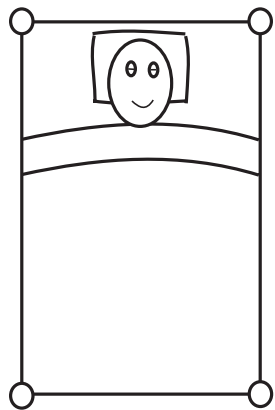


# Having trouble falling asleep? Trouble staying asleep?



A brief intervention for adults experiencing insomnia will be offered at Washington University. The program involves behavioral techniques that research has shown to be effective for insomnia.



## **Time:**

Wednesdays,  
5:30-7pm

A series of 4 group sessions held over 4 weeks, beginning October 15<sup>th</sup>

## **Cost:**

\$40, to be paid at the first session

## **Location:**

Washington University  
Psychological Service  
Center (PSC)  
7 North Jackson Avenue,  
St. Louis, MO 63105

*For more information, please call (314) 935-6555*