



Immediate Availability - Therapy for Sleep Disorders

Sleep better - without medication

- **Immediate availability** with CBT-I sleep therapist
- Proven to be the most effective and long-lasting treatment for insomnia
- Alleviates symptoms typically in 6-8 sessions
- In-person or telehealth to literally meet you wherever you're at
- Most insurances accepted, including Medicare

Get freedom from:

- Insomnia
- Difficulty falling asleep or staying asleep
- Waking earlier than desired
- Light or non-restorative sleep
- Daytime fatigue and sleepiness
- Anxiety/stress about poor sleep and daytime functioning
- Irregular sleep schedule
- Poor sleep habits

Getting started is easy

- Call our New Patient Team at **612-445-3012**
- Request an appointment online at ***nystromcounseling.com***

Scan here to find an insomnia therapist.



www.nystromcounseling.com