



## Immediate Availability - Therapy for Sleep Disorders

### Help your patients 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 your patients wherever they're at
- Most insurances accepted, including Medicare

### Effective treatment for:

- 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

### Making a referral is easy

- Call our New Patient Team at **534-400-1685**
- Refer online at **[nystromcounseling.com/refer](https://nystromcounseling.com/refer)**
- Fax referrals to **651-364-9356**