CBTi

_Cognitive Behavioral Therapy for Insomnia_

4-session group intended to improve sleep health through a series of changes in sleep-related behaviors

**Topics**

- Sleep Hygiene  
- Stimulus Control  
- Sleep Restriction  
- Relaxation  
- Sleep Efficiency  
- Cognitive Restructuring

**Where & When**

Student Health & Wellness, Baird Hall Room 6  
Dates will be set when enough students have expressed interest.

**Sign-Up**

Students and post-docs can be referred to the CBTi group by their primary care or behavioral health provider. You must be established with a primary care provider to join the group.

If you do not meet this requirement and would like to participate, please schedule an appointment by calling Student Health at 503-494-8665.