



Are you experiencing any of the following?

- Trouble falling asleep or staying asleep
- Waking up multiple times during the night
- Waking up too early
- Feeling tired or groggy, even after a full night's sleep
- Feeling irritable, depressed, or anxious
- Trouble staying focused or keeping thoughts organized
- Increase in making errors or accidents
- Anticipation or stressing over not being able to sleep (for example, not wanting to go to bed because you know you won't be able to sleep)

**We can help!**