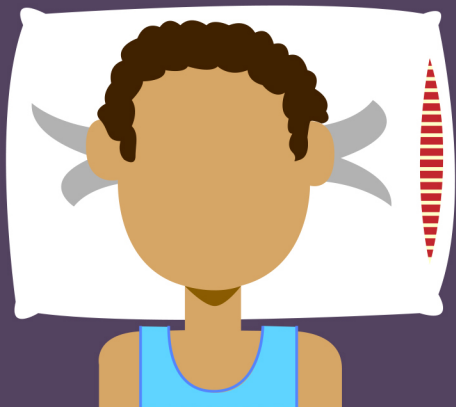


TROUBLE SLEEPING?



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!

Dr. Trevor Taylor, PsyD is a Clinical Psychologist at Tanner Clinic's Westside Medical Location. His team is accepting new patients for psychological evaluations and individual therapy.

For more information, contact our office at
(801) 773-4840 ext. 3449