

You can get better sleep. The Cameron Murdock Group can help you can help you.



Cognitive Behavioral Therapy for insomnia (CBT-i) is the first line treatment for insomnia.

You'll learn to:

- ▶ Relax your body
- ▶ Help your mind learn to let go
- ▶ Create the ideal sleep environment
- ▶ Create habits that will create consistency.

The #1 recommended treatment for insomnia.

Good sleep can help you:

- ▶ Feel better
- ▶ Think more clearly
- ▶ Improve mood
- ▶ Increase motivation

Time-limited, evidence-based treatment.

Most major insurance accepted.

Call for a free consultation:

425.405.5515



Proudly serving Mill Creek and all of Washington State via convenient and secure online care.

