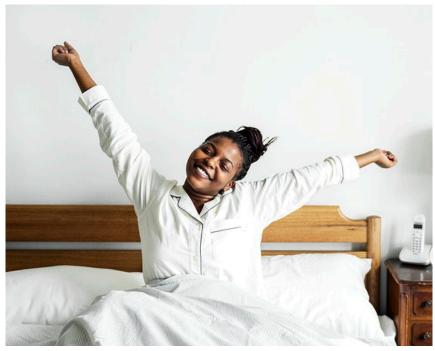
## You can get better sleep. The Cameron Murdock Group can help you.



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.

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