

Sleep Better Group



Do you struggle with sleep?

Do you find yourself struggling to get a restful night's sleep? You are not alone. In this 6-week program, you will meet weekly with others like you who are trying to find a better night's sleep.

The group uses strategies from Cognitive Behavioral Therapy for Insomnia (CBTi), a first-line treatment for insomnia. Decades of research consistently show CBTi to be an effective and safe long-term solution to the many sleep challenges people encounter. CBTi teaches good sleep hygiene and explores factors that impact sleep. This group provides strategies to reduce stress and anxiety around sleep, and can also help with issues like pain, shift work difficulties and anxiety/depression. You will learn how to use a sleep diary for 5-minutes every morning to make changes to your sleep schedule to improve sleep efficiency.

This group is for those wanting to improve sleep. However, it may not be helpful for people with untreated Restless Leg Syndrome or Obstructive Sleep Apnea. This is an educational group where members are encouraged to ask questions and share their experiences.

Class Information

When:

Tuesdays 5:30 p.m. - 7:00 p.m.

Where:

Hatchery Hill Clinic, First Floor
Conference Room.
3051 Cahill Main, Fitchburg

Facilitators:

Paul Hulseberg, PA-C &
Olin Boson, LMFT

Cost:

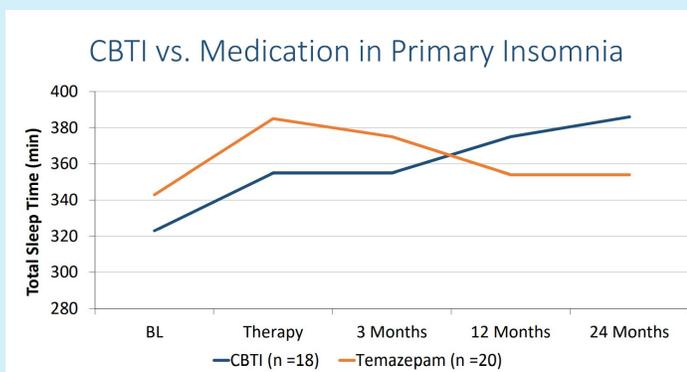
This group is generally covered by insurance. Some health plans may require a co-payment, co-insurance or deductible.

For benefit questions, please call Member Services at (608) 828-4853 or toll-free at (800) 605-4327.

Registration:

Talk with your Primary Care or Behavioral Health Provider for referral, after which you'll receive a GHCMYChartSM message (or phone call if GHCMYChartSM isn't set up) from a group facilitator to see if the group is appropriate for you.

CBTi outperforms medication over time!



*Study information provided by CBTi Web (2022)

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Group Health Cooperative of South Central Wisconsin (GHC-SCW)
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Cooperative**

of South Central Wisconsin

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