

CUSTOMER:	ASPEN FAMILY COUNSELING	PROOF TIME	2/20/2012 1:45:24 AM
REP ID:	NF09	LAST RUN:	02/29/12
DESIGNER	cwnkklanm	SIZE:	1X9

3 Proof Limit

**PROOF DUE BY 11 AM
TUESDAY, FEBRUARY 28**



by Lori Greer, PsyD

**DEPRESSED OVER
LACK OF SLEEP?**

Most people don't need a sleep expert to tell them how important a good night's sleep is. While studies show that sufficient sleep plays a critical role in immune function, metabolism, memory, learning, and other vital functions, most people will simply tell you that they feel awful after a poor night's sleep. At least one study backs up what many insomniacs feel on a gut level. That is, insomnia is related to mental health disorders such as depression and anxiety, as well as to substance abuse. It must be pointed out that insomnia has not been found to cause depression, but it is often associated with depression.

Often a behavioral sleep specialist can treat the problem using cognitive/behavioral strategies.

If you are struggling with insomnia, then it is likely that you're dealing with depression, anxiety, and other mental health issues as well. Our compassionate counselors understand that insomnia, depression, and anxiety can affect anyone at any time, for a variety of reasons. We can provide you with the proven tools and safe space you need to deal with this issue. You deserve to be healthy again and we can help that happen. Call 608-742-5020 today for an appointment. Our address is 2639 New Pinery Rd., Suite 1. *Offering you and your family compassionate and professional advice.*

P.S. Sleeping either too much or too little is a classic symptom of depression.

ASPEN
Family Counseling
www.aspenfamilycounseling.com