

CUSTOMER:	ASPEN FAMILY COUNSELING	PROOF TIME	6/28/2011 12:43:24 AM
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**ASPEN
Answers**

by Lori Greer, PsyD

**TRAINING YOURSELF
TO SLEEP**

Some people find it difficult to get to sleep, particularly as they get older. Those who find themselves with this problem may benefit from cognitive behavior therapy, to sleeping pills because it is a more natural remedy found to be effective for sleep disorders. If so, the therapist may teach those getting insufficient sleep to change the thoughts and behaviors that contribute to poor sleep. Cognitive strategies may include, setting aside a certain time of day for addressing worries and concerns so that bedtime will be stress free. Mind-body techniques, such as guided imagery, may also be taught to help a person wind down. Beyond that, behavior techniques may include avoiding naps, and going to bed and waking up at the same time each day.

If you aren't getting enough sleep, your physical and mental well-being is affected. We can provide you with the help you need to get a better night's sleep and improve the rest of your life, too. In addition to insomnia, we can help with stress, anxiety, depression, ADHD, or difficulty dealing with loss or grief. If you would like an appointment or if you have any questions, please call, 608-742-5020. Our address is 2639 New Pinery Rd., Suite 1. *Offering you and your family compassionate and professional advice.*

P.S. Insomniacs often find it helpful not to read or watch TV in bed.

ASPEN
Family Counseling
www.aspenfamilycounseling.com