

# Sleep Enhancement Class

- ▶ WHAT: Cognitive Behavioral Therapy for Insomnia (CBTi) techniques
  - ▶ sleep hygiene (changing unhelpful sleep habits) and stimulus control (re-learning sleep associations)
- ▶ WHEN: First and Third Thursday of each month at 1400
- ▶ WHERE: Check-in at the Mental Health Clinic front desk
  - ▶ (3<sup>rd</sup> floor of medical group)
- ▶ WHO: Open to active duty, dependents and retirees ages 18 and up