



**70-80%**  
say CBTI is more effective  
than sleeping pills\*

**Fighting insomnia is exhausting.**

Our interactive program guides you through the process of changing your thoughts around sleep. Once you complete this program, you will be able to overcome your insomnia and re-discover what it means to get a good night's rest.

**Real Science**

CBTI (cognitive-behavioral therapy for insomnia) is the only scientifically proven, non-drug insomnia treatment, trusted for alleviation of both short-term and long-term insomnia.

**Real People**

A licensed sleep professional will meet with you over the phone once per week during our 6-week program, to guide you to better sleep. Our sleep experts will provide support and discuss your progress, personalizing your CBTI experience to your needs.

**Real Results**

**94% of patients** report they are falling asleep faster, staying asleep and sleeping better. Most report **life changing results** and are less dependent on sleeping medication.

**All Clients. All Walks of Life.  
100% Satisfaction Guaranteed.**

You deserve to get the best sleep at a cost that works for your budget. We want to help you start sleeping better, sooner. This online course is only \$349 and is **100% satisfaction guaranteed, or your money back.**

Sign up today for your no-risk consultation with a licensed sleep specialist, by visiting Somly.com or scanning this QR code.



[www.somly.com](http://www.somly.com) | [info@somly.com](mailto:info@somly.com)



\*J Thorac Dis. 2018 Jan; 10(Suppl 1): S94-S102. doi: 10.21037/jtd.2018.01.35