



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.

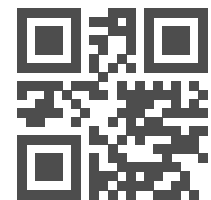
Real Results

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 \$549 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.



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