

## Symptoms of Insomnia

Do you struggle to fall asleep? Is your sleep easily interrupted? Do you wake up too early feeling like you haven't slept at all? Are you taking sleep medication that isn't working?

Insomnia impacts millions of Americans each year. Lack of sleep can affect your physical, mental and emotional health, your work performance and quality of life.

**If you are experiencing any of these symptoms, we can provide a long-term solution.**



Reliance on sleeping pills



Worries about sleep



Daytime fatigue and tiredness



Waking up in the middle of the night



Difficulty falling asleep



Diminished focus and attention



Unrefreshing sleep



Reliance on naps



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

Our 6-week, online CBTI program is based on research and clinical practice. Sign up today for a no-risk consultation with one of our Licensed Sleep Coaches and start sleeping.

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



somly.com

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**Fighting  
insomnia is  
exhausting.**



LEARN TO SLEEP



# What is Somly?

Our interactive Cognitive Behavioral Therapy program for Insomnia (CBTI) guides you through the process of re-training your brain to sleep.

When you complete this online 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 is the only scientifically proven, non-drug insomnia treatment, trusted for alleviation of both short-term and long-term insomnia. CBTI is **70-80% more effective than sleeping pills\*** and reduces or eliminates sleeping pills in the vast majority of patients.

## 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.** CBTI treatment is endorsed by leading industry experts, such as Harvard Medical School, Mayo Clinic, WebMD, National Sleep Foundation and the National Institute of Health.

## Treatment with CBTI

Our 6-week program guides you through the process of changing your thoughts around sleep. We teach you how to identify the internal and external factors that rob you of rest, before re-training your brain to discover its drive for sleep.

**Depending on your situation, the diagnosis of insomnia and the search for its cause may include these steps in our program:**



Take a brief, online sleep assessment



Schedule a virtual call with your sleep coach



Complete your 1 week sleep diary



Apply proven techniques to improve sleep

**"It was totally life changing! I cannot believe how well I am sleeping and how much less anxious I feel about sleep."**

– I.S., a Somly patient

## Start Sleeping.

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](https://www.somly.com) or scanning this QR code.

