



BCRD
Pursue the Active Life

Free!

Boot Camp for Sleep



Strengthen Your Sleep!

**Monday, January
12 & 26**

**10:15 am - 11:15 am
Minne Moore Rm 302
Community Campus**

**Learn practical tools
to manage sleepless
moments and build
better rest through
practice.**

This presentation is a skills based training to help you identify ways to improve your thoughts and behaviors that interfere with a good nights sleep.

Dr. Carol Stephens is a licensed clinical psychologist who specializes in behavioral sleep medicine and geriatrics. She is certified with the American Academy of Sleep Medicine to treat people with chronic insomnia using cognitive behavioral therapy for insomnia.

This abbreviated program is based on gold standard science that shows cognitive behavioral therapy for insomnia is the most effective long-term treatment.