

# TROUBLE SLEEPING?

**YOU'RE NOT ALONE.** Every night millions struggle to fall asleep –nearly 75% of adults report at least one symptom of a sleep disorder a few nights a week or more. Insomnia, the most common sleep complaint, affects as many as 35% of adults.

Left untreated, insomnia can develop into a vicious cycle with increasing effort needed to get to sleep and stay asleep. Fear of insomnia leads to stress and anxiety that make it even more likely to occur. It doesn't have to be that way. You don't have to be stuck between sleeplessness at night and fatigue during the day.

## EFFECTIVE & NATURAL TRAINING FOR A BETTER NIGHT'S SLEEP

We designed Sleep Right's 8-week program based on the clinically proven success of cognitive behavioral therapy (CBT) and the ancient practice of Mindfulness. Sleep Right participants learn natural techniques developed to reduce or eliminate insomnia and other disorders.

Incorporates both:



### **Individual Counseling**

Work with Sleep Right counselors in one-on-one sessions tailored to your unique sleep needs and goals.



### **Dynamic Group Coaching**

Connect with others who suffer from sleep disorders through group CBT and relaxation training.

## **SLEEP RIGHT** OUR UNIQUE 8-WEEK PROGRAM



### **Sleep Education**

We cover the mechanics of sleep, healthy sleep habits, and the root causes of insomnia, including lifestyle, health and diet, stress and negative thoughts.

We help patients gain the knowledge and confidence they need to address their sleep problems in a constructive manner. Mindfulness and relaxation skills training are also integral parts of Sleep Right.



### **Comprehensive Program**

- 8 weeks of effective sleep therapy.
- Personal progress charts and sleep log.
- Clinically proven advice on how to improve sleep.
- Specially crafted Mindfulness-based relaxation activities.
- Daily motivational emails from the program coach.
- Additional literature to help you get the most out of Sleep Right.
- Integrating the expertise of local medical sleep specialists.



### **Natural Treatment**

Unlike other methods of treating insomnia, Sleep Right is 100% natural and non pharmaceutical. Medication only provides short-term relief. CBT, as part of Sleep Right, addresses the underlying causes of sleep problems instead of just treating the symptoms.

Sleep Right is a great option for those hesitant to try sleeping pills or those looking to get off of them.

**"COGNITIVE BEHAVIORAL THERAPY (CBT)  
PROVEN MORE EFFECTIVE THAN DRUGS"**

THE MAYO CLINIC

# THE ASSOCIATED COUNSELING & WELLNESS CENTERS DIFFERENCE



We believe that healthy sleep habits are just one aspect of total wellness. Our clinical team works collaboratively to provide proactive, preventive, and comprehensive mental health care.

Together, we empower our patients by giving them the skills they need to face their problems head on. We know how overwhelming modern life can feel and how difficult it can be to navigate. We teach our patients how to live a more mindful life so they can take back control and be better equipped for whatever comes next.

Good healthcare should be available for everyone. We accept most major insurance plans and are open to discussing financing to make your care affordable.

We are open Monday through Saturday, 9 am to 9 pm by appointment. Counselors are available within 48 hours and 24-hour help is available for emergencies.

Please visit our website or call today for information about our full range of services.

## **SOUTH SUBURBS AND KANKAKEE COUNTY**

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[WWW.LIFECOUNSELORS.NET](http://WWW.LIFECOUNSELORS.NET)



**DEFEAT INSOMNIA  
and other SLEEP PROBLEMS  
once and for all**

**SLEEP RIGHT<sup>SM</sup>**  
*A Unique Eight Week Program*

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COUNSELING  
& Wellness Centers**

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