



Can't sleep?

Talk to your doctor about treatments that can help.

Chronic insomnia affects millions of Americans, but many don't talk to their doctor about it.

Behavioral therapy and medications are both recommended treatments.

Today doctors don't know which is best.

COZI is a national research study to find out which insomnia treatment is best—behavioral therapy, medication, or both.

Talk to your doctor about any statements that are true for you:

- I have difficulty falling asleep.*
- I have difficulty staying asleep.*
- I have problems waking up too early.*
- I am dissatisfied with my current sleep pattern.*
- My sleeping problem is noticeable to others.*
- I worry about my current sleep problem.*
- My sleep problem interferes with my daily functioning.*

If you are 18–80 years old and have regular internet access you may be eligible for COZI.

Participants are compensated for their time.



SCAN ME

Talk to your doctor to learn more, or visit [cozistudy.org](https://www.cozistudy.org)

