



Insomnia?



THE UNIVERSITY
OF ARIZONA

Website: insomnia.arizona.edu Email: insomnia@email.arizona.edu

WHAT DOES THE STUDY INVOLVE?

Our study aims to investigate how **cognitive behavioral therapy for insomnia (CBTi)** improves sleep, cognition, mental and physical health, and aging in middle-aged adults.

Study visit(s) include:

- Online questionnaires
- Virtual clinical interview
- Cognitive functioning evaluation
- Closed Functional Magnetic Resonance Imaging (fMRI)
- 24-hour temperature assessment
- In-home Overnight Sleep Study
- In-lab blood draw

Treatment includes:

6 to 12 weekly sessions of CBTi with a trained clinician at no cost to you.

What is CBTi?

CBTi is the first-line, state of the science, recommended treatment for chronic insomnia. CBTi focuses on addressing thoughts and behaviors that maintain and worsen insomnia.

HOW TO GET INVOLVED IN OUR STUDY?

The **Insomnia and Sleep Health Research Lab** is looking for adults **aged 50 – 65** experiencing **sleep difficulties**.

Must speak and read English.

Participants will be compensated up to \$100 for participating.

Interested in participating?



Scan this QR code or go to:
<https://redcap.link/cbti-pilot>

An Institutional Review Board responsible for human subject's research at The University of Arizona reviewed this project and found it to be acceptable, according to all applicable regulations and policies designed to protect the rights and welfare of participants in research.