



EVIDENCE-BASED HELP FOR INSOMNIA (CBT-I)

Clinically proven. Safe. Personalized. One-on-one care with Dr. Pratt.

What is Cognitive Behavioural Therapy for Insomnia (CBT-I)?

CBT-I is the gold-standard, evidence-based behavioral treatment for insomnia. It helps retrain your mind and body to sleep naturally and restore healthy sleep patterns.

Why Use CBT-I with Dr. Pratt?

- 85-90% of patients see sleep efficiency improvements
- 70-80% of patients see major improvement
- More effective than sleep medication long-term
- Structured, personalized approach that delivers consistent results that last

CBT-I with Dr. Pratt is ideal if you struggle with:

- Trouble falling asleep
- Waking up during the night
- Early waking
- Racing thoughts at bedtime
- Long-term dependence on sleep medication
- Chronic poor sleep that hasn't improved with other approaches

What to Expect With Dr. Pratt

Your care is delivered directly through one-on-one virtual sessions with Dr. Pratt, who will guide you through a structured, highly effective CBT-I program.

You'll receive:

- A full sleep history evaluation
- A personalized CBT-I treatment plan
- Weekly one-on-one sessions with Dr. Pratt
- Practical strategies for sleep habits, scheduling, and mindset
- Optional support with reducing sleep medication safely
- Ongoing adjustments based on your progress