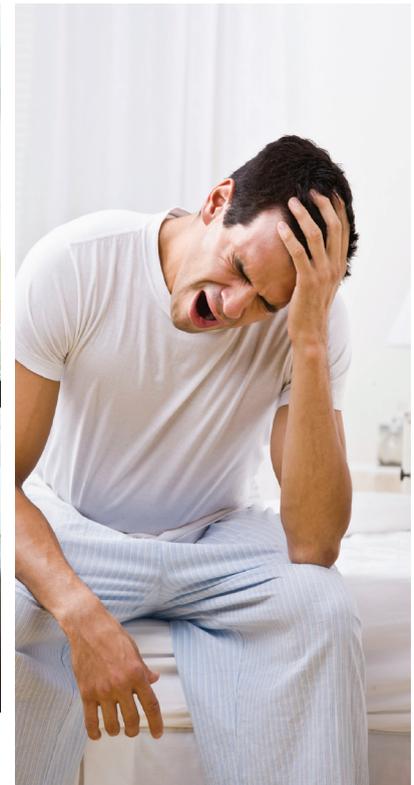


NSU'S PSYCHOLOGY SERVICES CENTER

# INSOMNIA PROGRAM



## INSOMNIA PROGRAM

NSU's Psychology Services Center  
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Fort Lauderdale, Florida 33314-7796  
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College of Psychology  
NOVA SOUTHEASTERN UNIVERSITY

**NSU**  
Florida

Nova Southeastern University is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award associate's, baccalaureate, master's, educational specialist, doctorate, and professional degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call 404-679-4500 for questions about the accreditation of Nova Southeastern University. Nova Southeastern University admits students of any race, color, sexual orientation, gender, gender identity, military service, veteran status, and national or ethnic origin. 05-012-19RNK



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**HEALTHY LIFESTYLES GUIDED  
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## WHAT WE OFFER

**Nova Southeastern University (NSU)** offers first-line treatment for insomnia that is highly recommended by the American Academy of Sleep Medicine and by the American College of Physicians. It is called Cognitive Behavioral Therapy for Insomnia (CBT-I).

All services are available in English and Spanish. Ofrecemos todos los servicios en español.

The program involves

- 1 attending an assessment and five individualized therapy sessions
- 2 monitoring your sleep using a sleep diary
- 3 learning about sleep, insomnia, and ways to improve sleep
- 4 working with your therapist to set realistic goals
- 5 practicing new skills on a regular basis

## ABOUT CBT-I

CBT-I is a short-term psychotherapy for insomnia that is based on scientific knowledge about sleep.

- The “cognitive” part of CBT-I focuses on your thoughts, feelings, and expectations about sleep and insomnia.
- The “behavior” part of CBT-I helps you develop proven sleep habits based on the science of sleep.

## CBT-I GOALS

- help you fall asleep
- help you stay asleep
- improve your quality of life as a result of better sleep

## FREQUENTLY ASKED QUESTIONS

### CAN I PARTICIPATE IN CBT-I AND TAKE MEDICATION FOR SLEEP?

CBT-I treatment can begin while you are reducing your use of sleep medication. But if you are taking sleep medications and want to reduce or discontinue use, you should seek help from your prescribing provider.

If you desire, we can communicate with your prescribing provider while you are in the process of discontinuing your medication use to optimize the benefits of CBT-I.

While medications may be helpful in treating short-term insomnia, CBT-I has been shown to be more effective than medications in treating long-term insomnia.

### FEES AND HOURS

The entire program—including the assessment and five individual sessions—is \$150.

Services are by appointment only.  
Monday–Thursday, 9:00 a.m.–8:00 p.m.  
Friday, 9:00 a.m.–5:00 p.m.

### APPOINTMENTS

We provide three options.

- Visit us online at [nova.edu/gsc](http://nova.edu/gsc).
- Email [gsc@nova.edu](mailto:gsc@nova.edu).
- Call (954) 262-5922.

### DIRECTORS

Ana I. Fins, Ph.D.  
Linda C. Sobell, Ph.D., ABPP  
Mark B. Sobell, Ph.D., ABPP

NSU's Psychology Services Center is a state-of-the-art facility where providers are supervised by highly qualified, licensed professionals.

Services are available to individuals regardless of race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin.

