

PARTICIPANTS NEEDED FOR AN INSOMNIA TREATMENT STUDY

Biological predictors of treatment responses to cognitive-behavioral therapy for insomnia

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***Have you had difficulties falling or
staying asleep at night for more than
6 months?***

Yes / No

Concordia University Researchers are conducting a study evaluating biological factors that influence the efficacy of a non-pharmacological (no drug) group therapy for insomnia.

Participation in this study involves:

- Two comprehensive sleep evaluations including 24h monitoring of brain and heart activity
- A free group therapy program lasting 6 weeks

Individuals with the following conditions are NOT eligible:

1. Chronic medical and psychological problems other than insomnia
2. Current use of sleeping pills
3. Work involving night shifts during the last year
4. Being younger than 18 or older than 45

If you are interested in this study, please call us at **514-848-2424, ext. 4461** OR send an e-mail to: insomnia.concordia@gmail.com

