

# The Houston Center for Valued Living's

## ***Six Weeks to Better Sleep***

### An Online CBT-I Group

#### Struggling with Sleep?

If you're having trouble falling asleep, staying asleep, or waking up too early, this group is for you!

In just six weeks, you'll learn science-backed strategies to improve your sleep, boost your energy, and wake up feeling refreshed.



#### Details

- What: A 6-week online CBT-I program
- When: Ongoing groups - inquire for specific dates and times
- Time: 90 minutes group sessions
- Cost: \$300 for the full program (\$50/session)

Who: Adults 18+ struggling with insomnia



#### What You'll Gain

- ✓ Better sleep quality
- ✓ More daytime energy
- ✓ Practical tools like sleep diaries and printable handouts
- ✓ Guidance from Kathryn Tipton, LPC, PMH-C, a CBT-I expert with 7+ years of experience



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