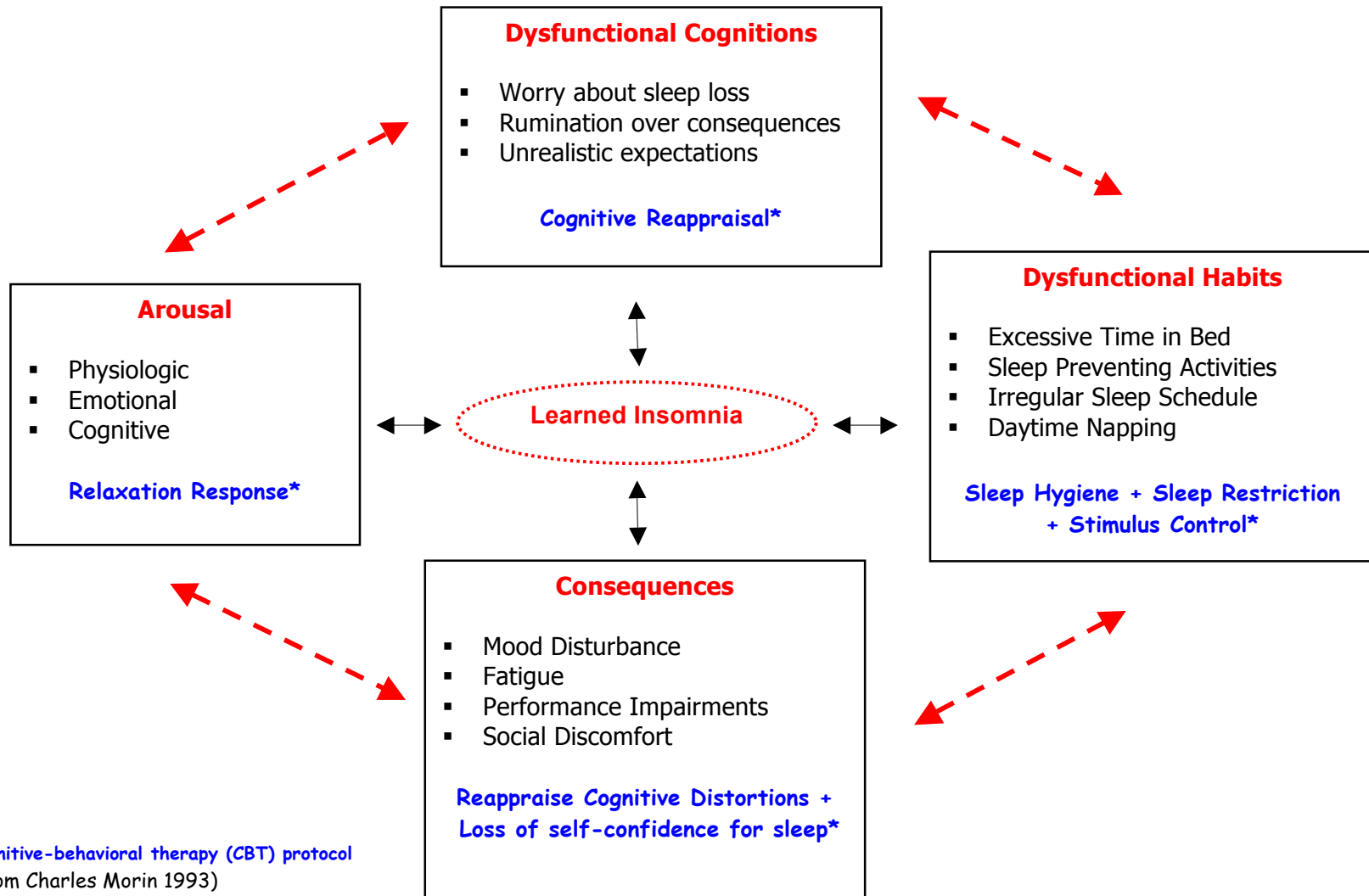


## Break the Vicious Cycle of *Learned* Insomnia!



\*7 session cognitive-behavioral therapy (CBT) protocol  
(adapted from Charles Morin 1993)