



# Integrative Medicine Department Research Studies

*Complimentary treatment  
to help you cope*

*Having Trouble Sleeping?*

JOIN OUR

## *Cognitive Behavior Therapy for Insomnia (CBT-I)* IRB# 18.002.01

Learn specific strategies for improving your sleep. Explore CBT-I, a form of talk therapy, that can improve sleep problems, particularly insomnia, but can also help with fatigue, anxiety, depression, and overall quality of life. CBT-I is recommended as the gold standard of insomnia treatment by the American College of Physicians. The purpose of this study is to test a brief, telephone-delivered CBT-I tailored for cancer patients suffering from insomnia.

Participation is at no cost to you and includes:

- One in-person appointment
- 4 talk therapy phone sessions
- 1, 3, and 6 month follow-up phone calls

**Eligibility:**

Adult cancer patients of Orlando Health Cancer Institute identifying with insomnia.

Join today in helping us develop future health programs while benefiting from the latest treatment options.

For more details and registration, please call (321) 841-5056 or email: [IntegrativeMedicine@OrlandoHealth.com](mailto:IntegrativeMedicine@OrlandoHealth.com) or stop by the Cancer Support Community at 22 W. Underwood St., 2nd Floor, Orlando, FL 32819  
Primary Investigator: Diane C. Robinson, PhD

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Cancer Institute