



Improve Your Sleep

Get the rest you need

This behavioral health education class is designed to enhance sleep quality for individuals experiencing primary insomnia. The course focuses on skill building in sleep restriction and stimulus-control intervention, as well as relaxation techniques, mindfulness, cognitive-behavioral hygiene, and self-care enhancement. An overview of the causes of insomnia, general sleep hygiene, and medications and their limitations are also included.

Note: This class is not appropriate for individuals with sleep disorders related to physiological medical conditions, such as sleep apnea or restless leg syndrome. Those with severe depression or anxiety or other medical conditions not typically amenable to behavioral-education approach. Individuals currently abusing drugs or alcohol. People with insufficient time to practice the skills for the duration of the class.

Open to Kaiser Permanente Members experiencing sleep difficulties associated with primary insomnia.

Pre-registration required.

Fee: None currently due to COVID

Location: Online via MS Teams

Facilitator: Melissa Belanger, PsyD and Elizabeth Anderson, LMFT

Day/time: Thursday, 12:30 PM to 2:00 PM (1st Thursday of the Month, 90 minutes)

Sessions: 1 class

- February 3, 2022
- March 3, 2022
- April 7, 2022
- May 5, 2022
- June 2, 2022
- July 7, 2022
- August 4, 2022
- September 1, 2022
- October 6, 2022
- November 3, 2022
- December 1, 2022



To register: Call **808-432-3285** or **808-432-7600**.