



How to Sleep Soundly

Healthy Sleep Habits for Insomnia



SLEEP SOUNDLY, WAKE UP REFRESHED.

A psychology-based training course that addresses the mental and emotional facets that fuel sleeping problems and helps you realign your internal body clock.

Make sound sleeping a nightly occurrence in just a few short weeks.

WHAT'S INSIDE

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A scientific solution
from trusted
behavior-change
experts.



Insomnia thrives through subconscious thought patterns and false beliefs. This cognitive behavioral training course fixes insomnia at the roots, in the brain, where it is formed. By the end of the course, participants think, act, and sleep like sound sleepers.

Our evidence-based training provides the knowledge, cognitive skills, and tools needed to:

- A. Change negative thought patterns** into an empowering mindset.
- B. Practice new habits that re-tune the body's clock to promote sound sleeping patterns.**

The result is a renewed ability to rest that helps participants feel healthier and more energized.



"I am really happy with the program. It taught me things that I didn't ever realize were keeping me awake. I sleep much better now and according to my fitbit I am only restless on an average of 7-15 minutes a night. THANK YOU!"
– Course Participant

We make it simple to participate and stay on course.

The course features highly engaging prerecorded video instruction from a board-certified physician and a cognitive-behavioral training expert. The training sessions simulate a live coaching experience and are private, convenient, and effective.



- ▶ Mobile access and companion app
- ▶ Video instruction from expert instructors
- ▶ Interactive tools and support content
- ▶ Reminders and push notifications
- ▶ On-demand participant support

“I have learned a lot about things I thought were relaxing were actually preventing me from getting good sleep.”

– Course Participant

“I am happy to report that I am sleeping much better! This program identifies possible reasons that you may be having insomnia and addresses each one, giving easy ways to resolve them.” – Course Participant

Trusted by leading organizations.

20+ years' experience creating cognitive-based programs leveraged by some of the world's top health and wellness providers.

Course Overview and Instructors

8

Sessions

4

Weeks

1-2

Hours
per week

Session Listing

Session 1. **Why Can't I Sleep?!**

Insomnia can be a tricky animal until you understand the roots causes and find out where sleep troubles originate.

Session 2. **Let's Make a Plan**

It's time to make a plan and escape the maze of insomnia.

Session 3. **Take Back Control**

Insomnia thrives in subconscious thoughts. We're going to bring those thoughts to light and change them.

Session 4. **Do You Mind?**

It's called mindfulness, and it puts insomnia to bed.

Session 5. **Time to Take a Leap**

Find out why some people seem to have "all the luck."

Session 6. **Don't Worry...Seriously, Stop Worrying**

Anxiety and insomnia are peas in a pod. Separating them causes them to wither and die—and your life gets better.

Session 7. **Food and Sleep**

They're related, and the Doc knows more about it than just about anyone.

Session 8. **Graduation!**

A final master quiz to test sleep knowledge.

Course Instructors



Dr. Michael Grandner

is one of the country's leading sleep experts. He's board certified in behavioral sleep medicine, has been a featured guest on The Dr. Oz Show, and he's published a vast array of sleep-related articles.



Lou Ryan

is a personal coach and cognitive training expert with over 30 years of experience helping people create healthy behaviors. He has helped thousands of people gain control over alcohol, tobacco, and stress, and he helps participants transition to a more calm, peaceful, and empowered life.

How Does the Course Impact People Like You?



"Very good use of time. My sleep dramatically improved the first week. I now consistently sleep well..."
- Course Participant

How big is the problem?

▶ More than **35% of U.S. adults get less than 7 hours** of sleep per night



▶ Adults who got less than 7 hours of sleep were more likely to report being **obese, physically inactive, and smokers** compared to people who got more sleep

The numbers tell a story of healthier lives

We wanted to know: How does the course impact participants?

We surveyed over 1,200 participants over 6 months, and the results show real, measurable change.

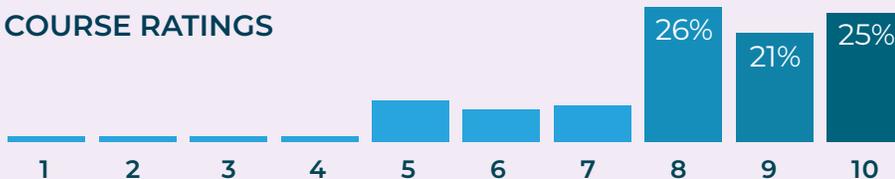
- 48%** reported getting between **7 and 9 hours of sleep after the course**
- 55%** said the course helped them to become **sound sleepers**
- 31%** said they felt **insomnia was no longer a huge issue** in their life



When asked how their life improved:

- ▶ **21%** said they feel better
- ▶ **18%** said they have more energy
- ▶ **13%** said their mood improved
- ▶ **11%** said they were exercising more

COURSE RATINGS



81%

would recommend this course to friends & family

Learn more at: <https://www.avidonhealth.com>