

# SAINT ALPHONSUS INSOMNIA MEDICINE PROGRAM

## Have patients with Insomnia?

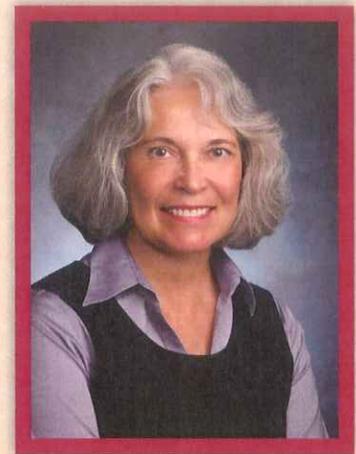
**Help has arrived.** Saint Alphonsus is proud to be the first in Idaho to offer an Insomnia Medicine Program. This specialized program is focused on treating all cases of Insomnia in children and adults.

### WHO BENEFITS FROM INSOMNIA TREATMENT?

- Patients of all ages
- Patients identified as having difficulty getting to sleep (one month or more), staying asleep, and not feeling rested the next day
- Patients who have not responded to medication management for their insomnia; or those who do not want medication management

### WHAT DOES INSOMNIA TREATMENT INCLUDE?

Saint Alphonsus Insomnia Medicine Program is grounded in 20 years of research in cognitive behavioral therapy for insomnia. Starting by identifying behaviors that interfere with getting to sleep, staying asleep and not feeling rested the next day, a plan of action is developed and progress closely monitored to improve each patient's sleep.



**Nancy Nadolski, NP\***  
Pulmonary & Sleep Medicine

To refer a patient or if you have any questions please call

**(208) 367-DOCS**

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**Saint Alphonsus  
Medical Group**

PULMONARY & SLEEP MEDICINE



**Saint Alphonsus**

SLEEP DISORDERS CENTER

\*Maintains a contract relationship with Saint Alphonsus

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