

## ☀️ Calling Canadian family physicians! ☀️

Are you dedicated to enhancing your patients' sleep quality? Join our insomnia study via the Health enSuite App.

**\*\*Focus:\*\*** Cognitive Behavioral Therapy (CBT) for chronic insomnia & deprescribing BZRAs.

### **\*\*Trials:\*\***

1. Chronic insomnia patients (CBT).
2. Chronic insomnia patients on BZRA drugs (deprescribing +CBT).

### **\*\*Signup Requirements:\*\***

- Name, Province, Email.
- Create username/password.

### **\*\*Patient Eligibility:\*\***

- 18+, chronic insomnia (>3 months).
- Internet access.
- Taking 0-2 BZRAs (Trial 2).
- Willing to taper medication (Trial 2).
- No night shifts or infant care.
- Not pregnant or trying.

### **\*\*How to Join:\*\***

1. Sign up as a provider using the link <https://insomnia.healthsuite.com/> or scan the **QR** code below.
2. Detailed instructions: <https://bit.ly/HeS-Video>
3. Share patient info sheet: <https://bit.ly/patient-infosheet>

**\*\*Physician Incentive:\*\*** A gift card per referred patient, upon submission of the consent form by your patient.

For more info or queries, contact us at [teamhealthsuite@iwk.nshealth.ca](mailto:teamhealthsuite@iwk.nshealth.ca).



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