

## PharmaZzz: Cognitive Behavioural Therapy for Insomnia

Cognitive behavioral therapy for insomnia (CBTi) is a non-medication method for treating this common sleep disorder. Research has shown that CBTi works as well or better than sleep medications for treating insomnia. Many medical guidelines now recommend CBTi as the treatment of choice for chronic insomnia, i.e., insomnia lasting for longer than three months. However, CBT-I is widely underutilized due to a lack of familiarity, awareness, and especially accessibility to trained service providers.

PharmaZzz is a group of pharmacists who have taken special training in order to provide CBTi to people with chronic insomnia. In the process, they can also help people reduce or eliminate their need for sleeping pills.

If you think you might be a candidate for CBTi and would like more information, contact one of the pharmacists in the list below.

### Saskatchewan Pharmacists Offering CBTi

First Name	Last Name	Work Phone	Pharmacy	City / Town
Kyla	Jackson	306-865-2663	Pharmasave	Hudson Bay
Rhys	Frostad	306-472-5205	Lafleche Pharmacy	LaFleche
Leah	Butt	306-628-4000	Leader Pharmacy	Leader
Tahirih	McAleer	306-662-3134	Pharmasave	Maple Creek
Pam	Karlson	pam.karlson@pnrha.ca	Prairie North Health Region	North Battleford
Roses	Stewart	306-922-8959	Vic Square Compounding Pharmacy	Prince Albert
Melanie	McLeod	306-586-3001	Vital Care Pharmacy vitalcare@sasktel.net	Regina
Kelly	Vinge	306-586-9377	Towers Pharmacy	Regina
Traci	Burke	306-645-2633	Super Thrifty Pharmacy	Rocanville
Katherine	Kennedy	306-882-3636	Central Plains Co-op	Rosetown
Jennifer	Massie	306-882-3636	Central Plains Co-op	Rosetown

<b>Alana</b>	<b>Berg</b>	306-242-3919	Queen St. Pharmacy	Saskatoon
<b>Joan</b>	<b>Cochrane</b>	306-933-3872	Medicine Shoppe 33rd St	Saskatoon
<b>Diedre</b>	<b>Diachuk</b>	306-384-8788	Laurier Dr Pharmacy	Saskatoon
<b>Samantha</b>	<b>Perez</b>	306-668-2256	Campus Medicine Shoppe	Saskatoon
<b>Crystal</b>	<b>Haluzan</b>	306-655-4045	RUH Medicine Shoppe	Saskatoon
<b>Courtney</b>	<b>Junop</b>	306-655-4045	RUH Medicine Shoppe	Saskatoon
<b>Amber</b>	<b>Ly</b>	306-668-2256	Campus Medicine Shoppe	Saskatoon
<b>Sandra</b>	<b>Miller</b>	306-716-3999	Kenderdine Medical Clinic	Saskatoon
<b>Jamie</b>	<b>Myers</b>	306-343-1606	Shoppers DrugMart, Taylor St	Saskatoon
<b>Cheryl</b>	<b>Wilken</b>	306-382-7373	Mount Royal Drugs	Saskatoon
<b>Cara</b>	<b>Wilson</b>	306-374-2300	Pharmasave Idylwyld	Saskatoon
<b>Jean</b>	<b>Proznick</b>	305-931-3311	5 <sup>th</sup> Ave Medicine Shoppe	Saskatoon
<b>Eric</b>	<b>Landry</b>	306-966-6392	Medication Assessment Centre	Saskatoon
<b>Stacy</b>	<b>Tanchuk</b>	306-747-3435	Shellbrook Pharmacy	Shellbrook
<b>A. Nicole</b>	<b>Senger</b>	306-931-7800	Diamond Centre Pharmacy	Warman
<b>Brandon</b>	<b>Hoffman</b>	306-554-2571	Wynyard Pharmacy	Wynyard