

## 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

<b>First Name</b>	<b>Last Name</b>	<b>Work Phone</b>	<b>Pharmacy</b>	<b>City / Town</b>
<b>Kyla</b>	Jackson	306-865-2663	Pharmasave	Hudson Bay
<b>Rhys</b>	Frostad	306-472-5205	Lafleche Pharmacy	LaFleche
<b>Leah</b>	Butt	306-628-4000	Leader Pharmacy	Leader
<b>Tahirih</b>	McAlear	306-662-3134	Pharmasave	Maple Creek
<b>Pam</b>	Karlson	pam.karlson@pnrha.ca	Prairie North Health Region	North Battleford
<b>Roses</b>	Stewart	306-922-8959	Vic Square Compounding Pharmacy	Prince Albert
<b>Kelly</b>	Vinge	306-586-9377	Towers Pharmacy	Regina
<b>Katherine</b>	Kennedy	306-882-3636	Central Plains Co-op	Rosetown
<b>Jennifer</b>	Massie	306-882-3636	Central Plains Co-op	Rosetown
<b>Alana</b>	Berg	306-242-3919	Queen St. Pharmacy	Saskatoon
<b>Joan</b>	Cochrane	306-933-3872	Medicine Shoppe 33rd St	Saskatoon

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