

## It's Your Sleep. Choose Better.

FDA Approved for Safety. 92% Recovery Rate

800-927-2339

Want to Have an  
Intelligent Conversation  
About Your Sleep  
Trouble? Click the  
Number and Talk to a  
Professional.



### WHAT WE KNOW:

Most insomnia is not neurochemical, psychological, or connected to behavior problems. Insomnia symptoms are rooted in bio-electrical instabilities, inherent in brainwave patterns that cause hyper-arousal; an inability to turn off one's busy brain.

Good results begin with great communication. Each client receives 20 hours of personal coaching, Q & A support, and nightly sleep-tracking reports keeping a good pulse on your on-going progress.

No more waiting for doctor call-backs, useless medication combinations, or lack of real results. Call now for a free, intelligent conversation about your sleep challenges.

### THE TECHNOLOGY

Brainwave training methods are not created equal. Some try to be all things to all people, treating for everything. Many miss the mark, with either results that are lacking, or not specific to the needs of the client.

But Sleep Recovery is different. Our entire program is directed at one set of problems; insomnia and its corresponding components, anxiety, aka, worry based thinking.

### HOW WE PROVIDE OUR SERVICES

Five years prior to COVID-19, we launched our At-Home/Distance program for those out of state that couldn't travel to one of our locations.

Since then it's been a perfect fit for these troubled times. Harnessing the latest telehealth technology allows achieving as good if not better results than in-office visits. No more stressing in traffic or waiting in a lobby. Sleep Recovery is always available when you need it, in the comfort of your own home.



12+ Years of Proven Expertise

Over 2800

Clients Served Nationwide

Sleep Recovery, Inc. is the first innovative insomnia practice of its kind in the world. We are doing our best to do our part. Please help us do more. [Download and share our brochure.](#)

165 Million

Americans Currently Sleep Deprived

Please help us spread the word. In order for America to unify and heal, we as a people need to return to normal, healthy sleep. Future generations are counting on us.