

## *About Dr. Catherine Loomis*

Start restoring your mind and body with a good night's sleep. You can start your behavioral therapy at Restorative Sleep today. Call Dr. Loomis at 414-698-2654 and begin your journey to a better quality of life.



Dr. Catherine Loomis is a licensed psychologist in the state of Wisconsin. She received her Ph.D. in clinical psychology from the University of Maine in 1996. She worked with patients at the Zablocki VA Medical Center and Lutheran Social Services in Milwaukee, and Rogers Memorial Hospital in Oconomowoc, WI. In 2007, she received a mini-fellowship sponsored by the American Academy of Sleep Medicine, which involved training at the New York Presbyterian Hospital in New York, NY. She received her certification in Behavioral Sleep Medicine in 2010. Dr. Loomis serves as president of the Wisconsin Psychological Association.

restorative *Sleep*  
behavioral therapy

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*Creating healthier lives through  
behavioral sleep medicine*

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behavioral therapy



## *The path to healthy sleeping*

The cognitive behavioral therapy program can be thought of as similar to working with a physical therapist, except the focus is on improving your sleep instead of recovering from a broken bone or pulled muscle. To get started, you will meet with Dr. Loomis for a thorough discussion of your specific sleep problem and an assessment of your general health and sleep patterns. After the initial meeting, Dr. Loomis will present options for dealing with your insomnia and suggest an individualized plan to improve your sleep.

A CBT plan will usually involve a series of four to eight individual meetings with Dr. Loomis where she will help you learn how to get a good night's sleep, show you how to implement the plan, and monitor your results. And similar to physical therapy, you will have things to do at home, like keeping a brief record of your sleep every night and making various changes in your sleep schedule. Your meetings with Dr. Loomis will involve:

- Learning about your sleep problem
- Following a sleep-wake schedule that is modified a little each week until it's just right for you
- Identifying thoughts and beliefs that influence your sleep
- Practicing certain behaviors to help you sleep better

Your path to healthy sleeping is just a step away.





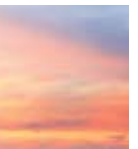
## *The elusive good night's sleep*

There's nothing more restorative than a good night's sleep. Studies show the importance of sleep to our overall health. Yet with today's stressful lifestyles, a sound night of sleep is becoming more and more difficult to experience.

If you have trouble getting to sleep or staying asleep, or just feel you can't "turn off your mind" when your head hits your pillow, you may be experiencing insomnia. Insomnia can occur on its own or develop from pre-existing physical or mental health problems.

Fortunately, insomnia can be effectively treated. While medication is an option, studies have shown that behavioral therapies are equally or even more effective in treating insomnia. In fact, cognitive behavioral therapy is generally recommended as the first choice of treatment for people with insomnia.

Cognitive behavioral therapy (CBT) gets to the root of the problem, rather than simply treating the symptoms. At Restorative Sleep, you will work one-on-one with Dr. Catherine Loomis to discover what is causing your insomnia and how to effectively treat it. You will learn skills you can use to keep insomnia at bay throughout your life.





## *Sleeping your way to better health*

If you wonder why it's important to pay attention to the quality or amount of sleep you get, consider the consequences of sleep deprivation. Short term effects range from decreased mental alertness and diminished performance to a greater risk of occupational or automobile injuries. And prolonged sleep deprivation can lead to illness including a greater risk of heart problems, obesity and depression.

While insomnia is the most common condition treated with cognitive behavioral therapy, Dr. Loomis can help you with other sleep problems such as:

**Sleep Apnea** – Some people diagnosed with sleep apnea have trouble adjusting to their CPAP device. Cognitive behavioral therapy can help you learn to sleep well while using your CPAP.

**Frequent Nightmares** – They are not only upsetting, but are also very disruptive to sleep. There are effective treatments to reduce or eliminate nightmares.

**Circadian Rhythm Disorders** – People may lean towards being either a “night owl” or “morning lark.” Sometimes these tendencies become extreme enough to disrupt their lives. These conditions can be treated through education, schedule changes and the use of timed bright light exposure.

**Jet Lag and Shift Work** – Sleep can suffer with frequent international travel or night shift work. Dr. Loomis uses the latest research to minimize the negative effects of these conditions.

