If you are pregnant and experiencing sleep difficulties, you are not alone!

Over 75% of pregnant women have problems sleeping. The REST study wants to change that.

Cognitive behavior therapy (CBT) for insomnia is an effective program for improving sleep. We are studying whether an online version of this program, called Sleepio, can improve insomnia symptoms during pregnancy.

- All study visits take place by phone and online. You can participate from anywhere.
- Receive access to an evidence based online program to improve sleep.
- Receive up to $60 in gift cards for completing study questionnaires.
- This study does not use medication.

Contact Us
UCSF Main Site

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