

Trouble Sleeping?

Wake Forest Baptist Health is conducting a research study on a new, noninvasive technology that uses auditory tones to improve brainwave balance—reducing the symptoms of insomnia.

You may qualify if you:

- ▶ Are at least 18 years old
- ▶ Have moderate or severe insomnia

This study involves:

- ▶ Four study visits
- ▶ Ten sessions (90–120 minutes each) listening to auditory tones, while relaxing in a chair
- ▶ Compensation for time and travel

To learn more, call
336-716-9447 or visit
WakeHealth.edu/HIRREM

