

Are you a Canadian cancer survivor who has difficulty sleeping?

This research will help us test the usability and function of the iCANSleep App for cancer survivors with insomnia.

⊙ You may be eligible to participate if you:

- ✓ Have ever received a cancer diagnosis
- ✓ Have difficulty falling or staying asleep
- ✓ Are an iPhone user
- ✓ Live in Canada

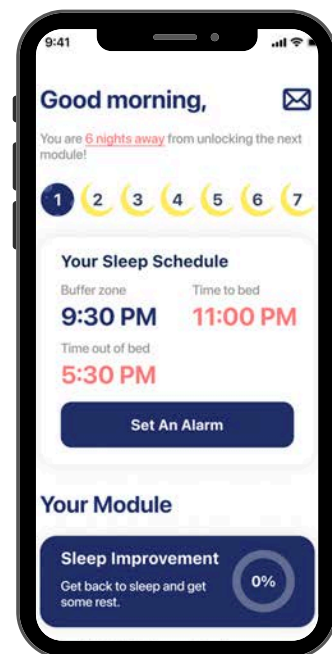
⊙ What's involved?

- A 7-week app-based Cognitive behavioural therapy for insomnia (CBT-I) program
- 2 short surveys
- A 30-minute exit interview

Who are we?

We are a psycho-oncology sleep lab based out of Memorial University of Newfoundland's psychology department.

Lab director:
Dr. Sheila Garland



To learn more,
contact us now!

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