

Have you been diagnosed with cancer and have trouble sleeping?

Participate in our research to help us determine the efficacy of the iCANSleep app for cancer survivors with insomnia.

① 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

② What's involved?

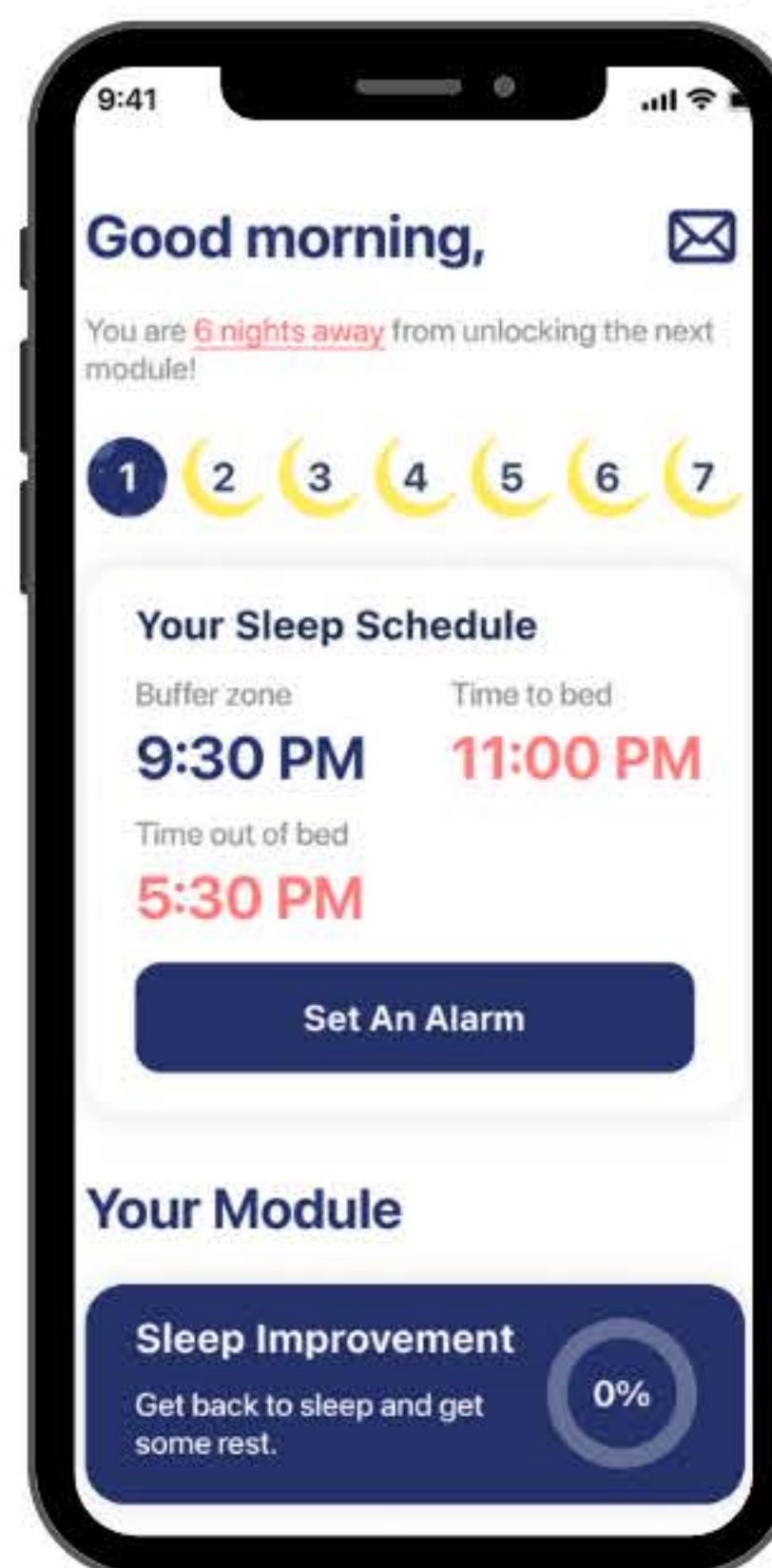
- A 7-week app-based Cognitive behavioural therapy for insomnia (CBT-I) program
- 4-6 short questionnaires

Who are we?

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

Principal Investigators:

Dr. Sheila Garland
Rachel Lee Dautz (PsyD Student)



To learn more,
contact us now!

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