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Psych Up Live
Thursday at 11 AM Pacific
January 2nd 2020: Encore 'Understanding and Treating Insomnia'

If you are someone who struggles with falling asleep or staying asleep – you are not alone. An estimated 164 million Americans (68%) reported struggling with sleep at least once per week. In this show, Dr. Courtney Bancroft, Yale-trained, licensed psychologist specializing in all-natural, evidence-based insomnia treatment, offers some answers. Dr. Bancroft clarifies the nature and patterns of sleep, discusses the reality and myths associated with insomnia, and helps us to examine factors that may keep us from sleeping. She offers strategies for improved sleep hygiene and exemplifies the use of

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Featured Guest



Dr. Courtney Bancroft

Courtney Bancroft, PsyD, is a Yale trained primary care health psychologist whose practice specializes in Insomnia Treatment and Sleep Wellness.

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