

The Formulator

The Formulator is a 47-item checklist found only in the SomniSkills Workbook. The Formulator is a unique part of the SomniSkills Program. No other insomnia treatment program offers anything like it. We developed the Formulator because each person's sleep problems are caused by different factors. *A one-size-fits-all approach to insomnia is not the best way to go.*

The Formulator provides a personalized assessment of each person's sleep problems. It accomplishes three objectives: 1) It helps you identify the factors that may be contributing to their insomnia. 2) It briefly explains how these factors could be maintaining your insomnia. 3) It then directs you to specific instructions on how to correct each problem.

We think anyone dealing with sleep problems will find the Formulator interesting, informative, and worthwhile.