

Do you have **chronic pain** and **Insomnia?**



Contact us

For more Information
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Volunteers are **needed** to
trial a new psychological
treatment which aims to help
patients with chronic pain
reduce distress and
disability and improve sleep.

You may qualify if you:

- Suffer from chronic pain.
- Experience sleep difficulties.
- Are aged between 18-65.
- Are English-speaking.

If you are interested in taking
part please get in touch.