



Dr. Bill Moorcroft

New Hope for Sleeping Problems

Dr. Bill Moorcroft, Ph.D.
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“If only I could sleep better.”

Is getting the sleep you want and need a struggle for you? If it is you are not alone. Latest surveys show that up to 35% of adults share this complaint. Like many others, you want to sleep but you may have **problems falling asleep**. Or maybe your problem is being **unable to stay asleep** or **waking too early**. Then again you may be troubled by **nightmares**? Maybe it is not you but your child that is having a persistent, annoying problem with bedtime or sleep. Which ever it may be these problems are not just night problems; rather they **negatively impact every area of your life**.

“It seems like I have tried everything to improve my sleep.”

It's true. Many people just like you have tried all sorts of things such as herbal teas, sleep tapes, magnets, and, of course, sleeping pills in their desperate quest for sleep. For example, in 2002 people spent \$1.5 billion on just the leading prescription sleeping pill. But too often **none of these worked - or worked for very long**. And even if their sleeping pills are working, more and more people are questioning the wisdom and expense of relying on them.

“But I want to sleep better.”

Yes you do, because **better, healthier sleep would give you a more productive and enjoyable life**. Sleep should not be a problem. It should come easily – and without having to rely on sleeping pills or other external means – night after night.

The same is true for your child. When they sleep long and sound night after night they are brighter and happier when awake. And as a bonus, that allows you, the parent, to get more sleep and have better quality waking hours.

However you, like most people, do not know how to change things to allow you or your child to sleep more easily.

“So there is better way for me to get the sleep I need?”

Yes. Dr. Moorcroft at Northern Colorado Sleep Consults, LLT uses treatment approaches backed by solid medical research. This research shows that chronic

insomnia is caused by a combination of several different factors but mainly your negative thoughts and poor habits. Thankfully, these thoughts and habits can, with the guidance he gives, be changed so that **you sleep better - usually within a few weeks**. The specific changes are tailored to your exact needs that may be different from the needs of someone else. The end result is we help you get healthy sleep and have a more enjoyable and productive waking life.

“How can you help me make these changes?”

Just like a golf pro can help you correct a deteriorating swing, Dr. Moorcroft will diagnose the difficulty you or your child are having. Then using scientifically tested, proven, and effective methods, give you the coaching you need to **help you rely on your body’s own natural ability to sleep**. While sleeping pills only offer temporary relief from your sleeping problem, Dr. Moorcroft offers you **a cure that can last the rest of your life**.

It has worked for many people. Even those who have suffered with insomnia for years and years, have learned to sleep better in a matter of weeks. It can also work for you.

“What should I do?”

Have a look at our website, **www.sleeplessincolorado.com** then call (970) 308-4495 today for an appointment. Northern Colorado Sleep Consultants has offices in Fort Collins, Loveland, Boulder, and Greeley, Colorado, and works with clients by phone.

Following earning a Ph.D. from Princeton University, Dr. Moorcroft committed over 30 years of his life studying and researching sleep and dreams. During this time he did additional sleep disorder training at The Mayo Clinic and Rush Medical College in Chicago. He has authored three books, many research papers, and numerous other publications. More recently, he brought his dedication and experience into the world to help people with their sleep problems. Dr. Moorcroft knows how find what is wrong with your efforts to sleep and how to turn them around in a matter of weeks.

So if you or your child is having a problem sleeping please contact us now to get that little bit of help so that you or your child can sleep better.



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Insomnia • Children’s Sleep Problems
Nightmares • Sleepiness in the Workplace