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**While I am away on leave from my practice, I want people to be able to find insomnia treatment.**

**Local providers who treat adult insomnia, in alphabetical order:**

For Medicaid or Medicare, or other insurances:

- Denver Health Behavioral Health – ask specifically to see a “health psychologist.” 303-436-4949, <https://www.denverhealth.org/services/behavioral-health>
- U of Colorado Sleep Center – you have to ask specifically for a psychologist there. 1635 Aurora Court Anschutz Outpatient Pavilion, 7th floor Aurora, CO 80045. 720.848.4400 - This is a general number for all specialty clinics, ask to be connected to the Sleep Center.

Do not take insurance, but can be billed as out of network.

- Dr. Alisha Brosse, Boulder Center for CBT: 303-225-2709. <https://www.bouldercbt.com/alisha-brosse-phd> (N Boulder). She also has postdocs and student trainees who work with her, who might have lower rates to see them.
- Dr. Colleen Ehrnstrom (720) 446-8035 <https://impactpsychcolorado.com/colleen-ehrnstrom> (Louisville)
- Dr. Robert Glidewell 303-857-5104 <https://insomniaclinic.org/who-we-are> (CO Springs), Board-certified in Behavioral Sleep Medicine, very experienced in a variety of sleep disorders. He has a range of treatment options at different price points.
- Dr. Vyga Kaufmann 720.663.0213 or 303.284.5149 (Boulder) and her business partner, Dr. Natalie Whiteford, at Summit Sleep Center, <http://summitsleep.net>
- Dr. Jessica Bloomfield Plato (720) 460-0543 [dr.jessica.bloomfield@outlook.com](mailto:dr.jessica.bloomfield@outlook.com)  
<http://www.bloomfieldpsych.com/insomnia.html> (Denver)