

When I first came to Dr. Moorcroft, I was only able to sleep using Ambien. Through meetings with Dr. Moorcroft and doing the "homework" he assigned me, I no longer have sleep problems. I am able to get a good, sound nights sleep without medicines of any kind. If I do wake up in the night or have trouble falling asleep, I am able to use the tools he taught me to get right to sleep.

Thank you Dr. Moorcroft!

Tina Tray  
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