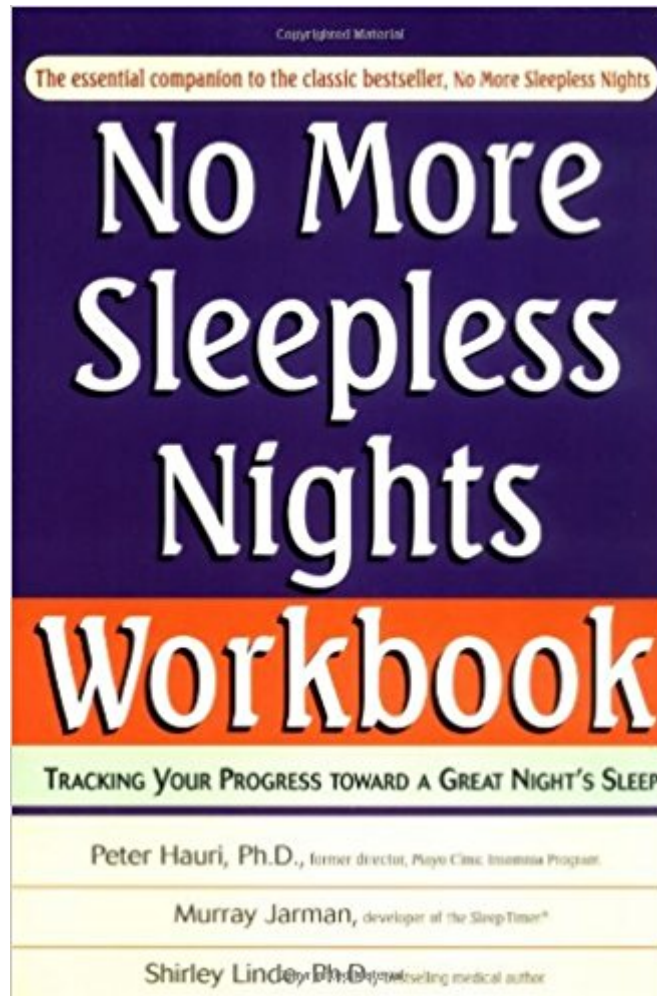




The book was found

No More Sleepless Nights Workbook



Synopsis

Health & Fitness; Insomnia; Non-Fiction; Sleep & Sleep Disorders; Treatment

Book Information

Paperback: 224 pages

Publisher: John Wiley & Sons, Inc.; 1st edition (December 27, 2000)

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Average Customer Review: 3.7 out of 5 stars 14 customer reviews

Best Sellers Rank: #158,836 in Books (See Top 100 in Books) #89 in Books > Health, Fitness & Dieting > Mental Health > Dreams #92 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders #4905 in Books > Religion & Spirituality > New Age & Spirituality

Customer Reviews

Praise for No More Sleepless Nights "The best book this reviewer has seen on insomnia." -Library Journal "Nearly everything you always wanted to know about sleep and what can go wrong with it . . . with step-by-step suggestions." -Publishers Weekly Give yourself a good night's rest If you suffer from poor sleep, help is in your hands--literally. In this sensible, simple-to-follow workbook, based on the acclaimed No More Sleepless Nights program, one of the world's leading insomnia experts gives you the tools to be your own sleep therapist. Filled with interactive quizzes, sleep logs, and self-evaluation exercises, which may be used in conjunction with the patented Sleep Timer, the workbook will help you uncover the underlying cause of your own sleep problem, and then put together a personalized action plan for getting a good night's rest. With advice on improving sleep hygiene and diet, the right exercise, relaxation techniques, and more, No More Sleepless Nights Workbook helps you conquer your own poor sleep right now. More importantly, it equips you to beat it again if it ever returns to disturb your dreams. Visit us on the Web at Sleepplace.com

PETER HAURI, Ph.D., is the former director of the Mayo Clinic Insomnia Program and codirector of the Sleep Disorders Center at the Mayo Clinic. Dr. Hauri is considered by many to be the world's

leading authority on insomnia. A pioneer in sleep research, he is founder of the American Sleep Disorders Association. MURRAY JARMAN is president of RMP, Inc., which developed the Sleep Timer, a revolutionary new device for timing sleep and sleep latency. SHIRLEY LINDE, Ph.D., is a bestselling author and coauthor of thirty books, including Dr. Atkins' Superenergy Diet. She is also a recipient of the Outstanding Service Award from the American Medical Writers Association.

This book walks you through steps to identify what may be interfering with your sleep. You make assumptions and test those assumptions. I found that if I limited my assumptions to three or four items to track and monitor for several week I could easily eliminate or identify items interfering with my sleep. Once you start to identify items that may be causing lost sleep or even helping you sleep, you can take measures to eliminate them or add them to your routine. It took me about three months before I started to sleep better. Mine were very simple. I found if I exercised I slept better. If I drank lots of fluids in the afternoon or evening, I woke up at nights several times having to use the bathroom. If I had caffeine in the afternoon I had trouble falling asleep and did not sleep well. If I dressed to warm I would wake up hot and have trouble getting back to sleep.

Information may be useful. However, a lot of it is based on a device that is no longer available

It didn't help me, but it might help others with less experience

ok

This is a well written book and will not put you to sleep. It has lots of facts about insomnia and why you might not be sleeping. If you are honest, it will point out the reasons that you do not sleep.

I had this book recommended to me and it has made it easier for my sleep issues. This book arrived on time and was packaged well this is a must read for anyone with sleep issues. Not just reading material it helps you analyze and correct.

Great help for learning to deal with sleep apnea! Highly recommend the workbook instead of the "basic" book-workbook more helpful, and I found I did NOT need the accompanying book since it covers the same material.

I didn't use this companion workbook. After reading the book, there was no need for the workbook for me. Someone less knowledgeable about cognitive therapy would find it helpful. I did not.

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