



The Insomnia Workbook: A Comprehensive Guide to Getting the Sleep You Need

Stephanie Silberman

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The Insomnia Workbook: A Comprehensive Guide to Getting the Sleep You Need Stephanie Silberman

Forget expensive mattresses, fancy foam pillows, and white noise machines. There's no better treatment for insomnia than cognitive behavioral therapy (CBT). Research has shown that CBT works even better than powerful sleep medications, and with this workbook, it's easier than ever to put these strategies to work to help you ward off insomnia and finally get to sleep.

The Insomnia Workbook is designed to simulate the experience of seeing a professional CBT sleep specialist. First, you'll assess your sleep habits with questionnaires and evaluate how your sleep problem affects your life; then you'll learn a variety of proven techniques sleep specialists recommend to their clients. This book includes all of the tools you need to better understand your insomnia and create an effective plan for getting the sleep you need.

With this complete program, you'll:

- Stop the racing thoughts that keep you awake at night
- Train yourself to sleep using stimulus control, sleep restriction, and deep relaxation skills
- Identify foods and lifestyle factors that may be making things worse
- Keep a personal sleep log to track your progress

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Chris Barrentine:

As people who live in typically the modest era should be upgrade about what going on or details even knowledge to make them keep up with the era which can be always change and advance. Some of you maybe may update themselves by looking at books. It is a good choice for you personally but the problems coming to you actually is you don't know which you should start with. This The Insomnia Workbook: A Comprehensive Guide to Getting the Sleep You Need is our recommendation to make you keep up with the world. Why, as this book serves what you want and want in this era.

Denita Lumley:

People live in this new time of lifestyle always aim to and must have the free time or they will get lot of stress from both way of life and work. So , when we ask do people have extra time, we will say absolutely yes. People is human not really a robot. Then we inquire again, what kind of activity do you possess when the spare time coming to a person of course your answer will certainly unlimited right. Then do you try this one, reading publications. It can be your alternative with spending your spare time, the particular book you have read is actually The Insomnia Workbook: A Comprehensive Guide to Getting the Sleep You Need.

Terry Burrows:

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