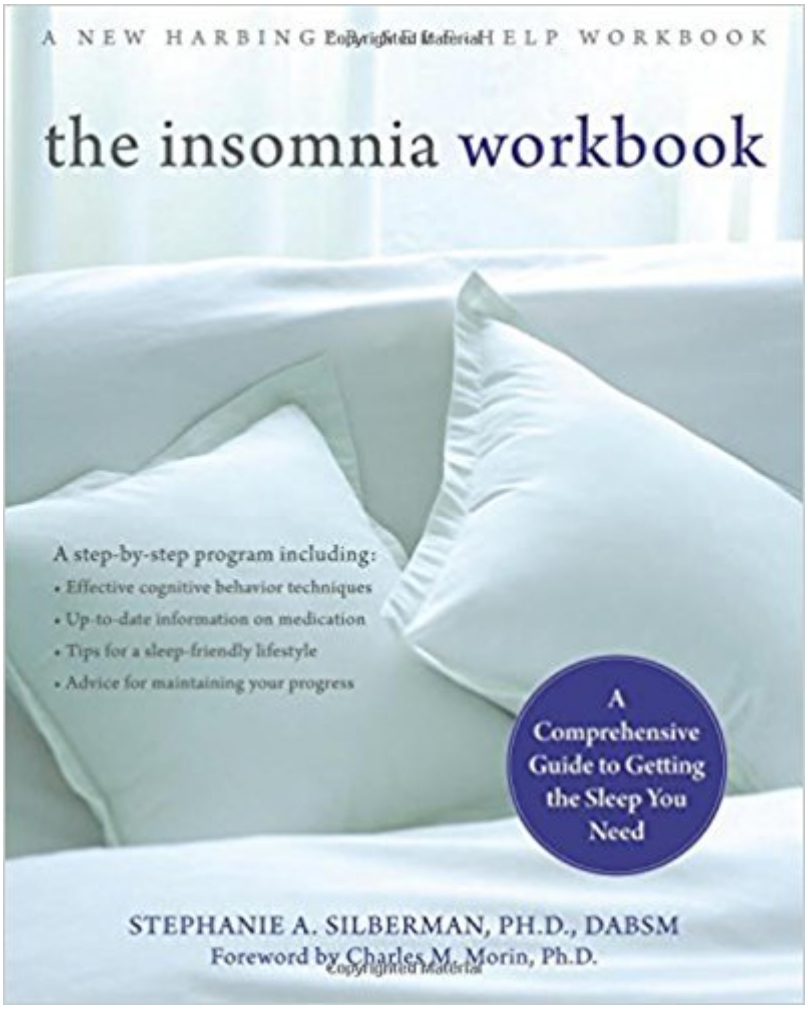
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# The Insomnia Workbook: A Comprehensive Guide To Getting The Sleep You Need




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## Synopsis

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 nightTrain yourself to sleep using stimulus control, sleep restriction, and deep relaxation skills Identify foods and lifestyle factors that may be making things worseKeep a personal sleep log to track your progress

## Book Information

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## Customer Reviews

Ã¢â ¬Å“Sleep is one of the few universals of life, and yet we still know little about it. In particular, the reasons we donÃ¢â ¬â„¢t sleep can be as mystifying as the reasons we do. The Insomnia Workbook is a comprehensive, scholarly, and clearly written review of what we know about the architecture of sleep, how insomnia disrupts that architecture, and what can be done to rebuild a healthy sleep pattern.Ã¢â ¬Â• Ã¢â ¬â •Robert McGrath, Ph.D., director of the Ph.D. program in

clinical psychology and director of the MS Program in clinical psychopharmacology at Fairleigh Dickinson University in Teaneck, NJ

In The Insomnia Workbook, readers struggling with insomnia learn treatment techniques from cognitive behavioral therapy (CBT) to help them fall asleep, be more productive during waking hours, and improve their overall health.

This book is very good and helpful to me. I have been using it for about three weeks now, and plan to be using it until I get back to sleeping somewhat normally. It gives step by step instructions for helping a person decide which exercises might help on an individual basis. It also has good questionnaires to help you diagnose your problems that may be causing your insomnia. I have been suffering extreme rebound sleeplessness after major changes to my RX's, some of which I have been taking 28 years. I am using it in conjunction with professional counseling. My counselor was impressed with the book and is thinking of ordering one for her office.

This book was recommended to me by my psychiatrist to help wean me off Xanax, which I have been prescribed for insomnia for 15 years. I'm not quite sure why my doctors have not ever questioned how long I have been using the drug, they just continue to refill the prescription. I forgot the Xanax on a trip once, and not only could I not sleep, I started going through what I guess are "withdrawal" symptoms: very agitated and nervous. It was hell. This book is easy to read and has shed a lot of light on insomnia. I highly recommend reading this book if you are taking any kind of medication, over the counter or not, to help you fall asleep.

Not an easy regime. But it's been more than six months and this has helped an insomnia issue that lasted almost 40 years.

Very informational and common sense instructions. The data forms are great for recording information to understand sleep patterns and ways to improve deep sleep.

An excellent practical workbook to help with insomnia---even chronic insomnia. I'm practicing many of the tips as a result of reading it. And, I'm seeing progress.Recommend reading it and also understanding more about effect of sleeping meds.

The true cost of sleep difficulties are immense. Compromised health, immune system dysfunction, loss of productivity and energy during the day, weight gain/digestive troubles, focus and concentration loss, mental health decay, and the list goes on and on. So grab some sleep pills and be done with it, right? Not so fast. The true cost of addressing it that way? Side effects may include compromised health, immune system dysfunction, loss of productivity and energy during the day, weight gain/digestive troubles, focus and concentration loss, mental health decay, and the list goes on and on. For sure, there are some very specific cases where meds are necessary, and the benefits outweigh the side effects. But what Big Pharma doesn't want you to know is that this is the EXCEPTION, not the rule.As a clinical psychologist, I consider Dr. Silberman's "The Insomnia Workbook," my automatic go-to, to assist patients in understanding and overcoming sleep difficulties. This book has helped many of them regain restful, healthful sleep, often avoiding the use of sleep meds altogether, or much better able to decrease and/or wean off altogether, with the help of their physician. In simple but comprehensive language, Dr. Silberman walks you through the process of understanding WHAT sleep difficulties you may have (there are many... not just garden variety "insomnia"), figuring out your best habits and practices, empowering you with tools and techniques to increase the quality and consistency of your sleep patterns, address worries and concerns that may impact restful sleep, and guide you toward healthy lifestyle changes in your waking life that dramatically improve the overall quality of your days. What I find vital in her approach is that it is more than the culmination of a bunch of tools and techniques (many of which you might have heard here or there as non-integrated "sleep tips"). It is a method that coordinates your efforts, thereby giving it that much more power... and definitely rivaling the effectiveness of the "quick fix magic pill" that comes with much more than you bargain for!If sleep is a concern for you, if you want to find the most healthful and natural way to restore what your body already knows how to do, this is your guide.

Extremely well written and informative book that has improved my sleep tremendously.

I talk to people daily about insomnia. It's a pervasive problem that is worse since the economic recession. I recommend this book to some people who are motivated to learn and practice the skills outlined in the book. Highly recommended.

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