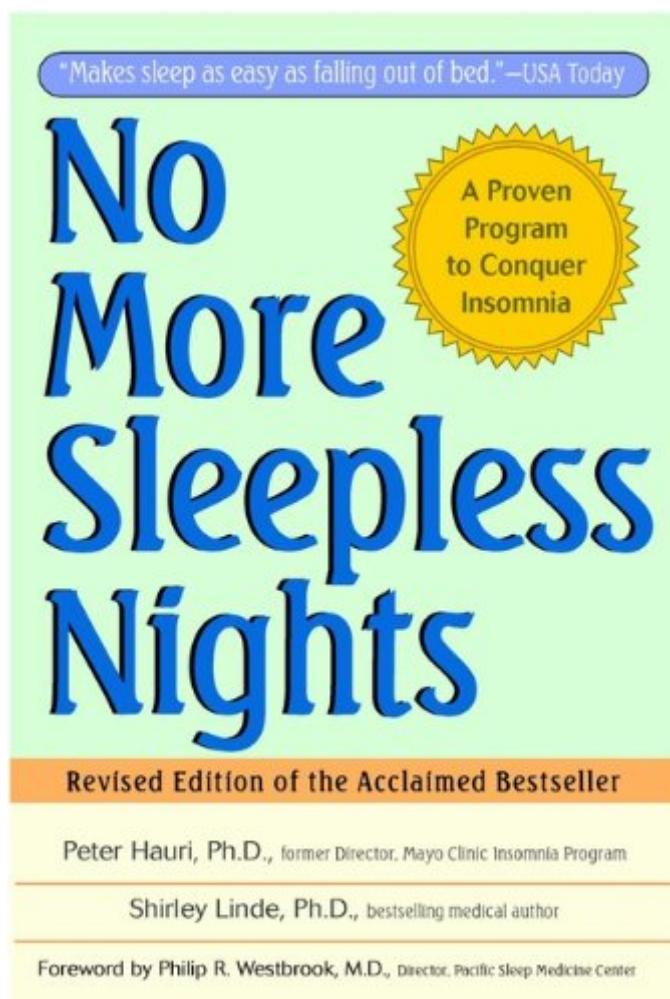


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# No More Sleepless Nights



## **Synopsis**

Ã "The best book this reviewer has seen on insomnia." Ã "Library Journal "Make sleep as easy as falling out of bed." Ã "USA Today "At last, an authoritative, sensible book for all those with trouble sleeping; this is wonderfully written and offers real help." Ã "Rosalind D. Cartwright, Ph.D., Director, Sleep Disorder Center Rush-Presbyterian-St. LukeÃ™s Medical Center, Chicago "Nearly everything you always wanted to know about sleep and what can go wrong with it . . . with step-by-step suggestions." Ã "Publishers Weekly This newly revised edition of Dr. Hauri's internationally acclaimed sleep therapy program offers you much more than helpful hints. You'll learn what works and what doesn't, ways to evaluate the latest insomnia treatments, and how to create your own customized sleep therapy program. With this easy-to-follow advice, there's no longer any reason to lose precious sleep. Whether your sleep problem is chronic or occasional, No More Sleepless Nights is the best remedy available.

## **Book Information**

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## **Customer Reviews**

I highly recommend this book to anyone who suffers from insomnia. Dr. Hauri gives you all the facts about what could be causing your sleeping problem. He covers the effects of diet on sleep, including certain vitamins and minerals that promote sleep; the effect of exercise on sleep - how the

amount and timing of activity is important; and how you might be upsetting your natural sleep cycle (you may be sleeping too much!) and how to reset this clock. Also, did you know that you may be conditioned to not sleep when you go to bed? He covers the Bootzin technique of overcoming this bad habit of bedtime-induced stress and anxiety. He discusses medical problems that might be contributing to your insomnia and when to seek a medical professional. He explains why sleeping pills are not a good long term solution and how to kick this potentially dangerous habit. He gives you relaxation techniques to help you manage your stress all day long. For any of you who were contemplating whether or not to seek treatment at a sleep disorders center, Dr. Hauri explains when it is time for you to seek this kind of help. He also covers what goes on in a sleep lab and what they will be monitoring. Dr. Hauri gives you all the facts about sleep so YOU can be your own sleep investigator. Easy to read and understand. Highly recommended! Thank you, Dr. Hauri, for helping me to feel so much more rested and refreshed.

The depth and breadth of this book is impressive. Dr. Hauri is not pushing a particular cause of or cure for insomnia... he covers a wide range of possible causes and cures. With this breadth of information, the reader can explore his/her own causes and possible solutions. If you are a long-time insomniac, you may find info here that you haven't seen elsewhere. I've had insomnia since childhood, have been to a well-known university sleep center, and found info in this book that has not been provided to me by any physician. Very, very helpful book. I've been sleeping well for 9 months nearly every night. Before I would have one good night of sleep every 6 months or so.

The book 'No More Sleepless Nights' is an excellent overall book on sleep disorders. It covers very effective diagnosis of sleep disorders, such as those arising from poor hygiene, poor diet, depression and anxiety. One of the most useful suggestions is the empirical and very sensible use of sleep logs to monitor your sleeping patterns, in aid of diagnosing possible factors leading to poor sleep. Once you have an idea of what may be causing your sleeping problems, the book gives detailed information on how to possibly remedy the situation. This includes topics such as relaxation techniques, exercise, regular sleeping times, as well as more drastic techniques such as light therapy and chronotherapy. The details of staying in sleep disorders units are also covered. Overall the book is very good, concise and well written, coming from two leading expert MD in the sleep disorders field. The main message you are left with from this book is - don't be scared of insomnia. Highly recommended.

This book is written in a very dry and unencouraging tone. There is a lot of useful information, but the cumulative effect was to make the problem of insomnia seem insurmountable. "Say goodnight to Insomnia", on the other hand, was exceptionally helpful - much more attention to the underlying thought processes and how to break them down, and practical steps to take in a very constructive manner. Get that one first, for sure.

I happened into this book in a bookstore several years ago. At the time, I was experiencing sleep difficulties that were interfering with my life and work. This book works methodically through possible causes of sleep disturbance, and provides exercises that the reader can follow to determine the causes of their own sleep problems and how to solve them. Using the book's methodologies, I was able to determine within a couple of weeks the surprising cause that I was trying to get more sleep than my body needed. Therefore I was never sleeping particularly well and always feeling tired. I began to cut down on my sleep time, and almost immediately began to feel better! The point, however, is that this book provides tools for anyone to determine the causes of their sleep difficulties and begin to resolve them. I highly recommend it.

This is the best book I have read yet! And it works. I have been suffering from insomnia for 9 years and done all I could think of to cure this problem, light therapy, lavender, room darkening, no tv, sleep clinic all the usual. 2 years ago I began sleeping pills to function during the day. This book has been a great source for beginning to cure the problem in very practical and solid steps. I would also recommend getting the sleep timer, it gives you an objective measure of the sleep you are actually getting. I am now averaging 5 to 7 hours of sleep a night with no sleeping pills.

Dr. Hauri has provided us with a very comprehensive book on conquering insomnia. It is a must-read for insomniacs! The treatments for other sleep disorders are the same ones offered in other books that don't have good success rates but that is not what the main focus was of his book. He provides the reader with great information on all other types of sleep disorders that we don't find in too many other books. He ends it with Sleep Disorder Clinics. Great book.

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