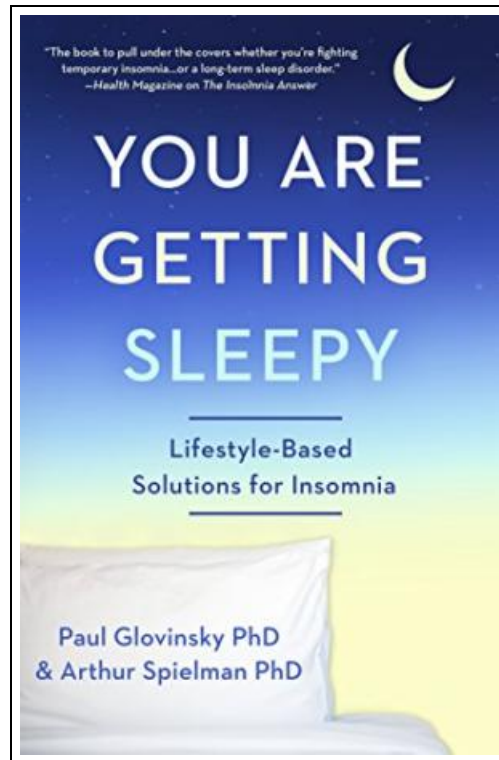


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YOU ARE GETTING SLEEPY: LIFESTYLE-BASED SOLUTIONS FOR INSOMNIA (PAPERBACK)



Diversionbooks, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. For readers enticed by Arianna Huffington's The Sleep Revolution but looking for the medical evidence to support its claims, two doctors have incorporated the latest research into a guide designed to help insomniacs get sleepy. For insomniacs who don't want a cosmetic solution, this guide digs deeper, and is likely to get better, more permanent results. --Kirkus Reviews on The Insomnia Answer Good sleep is an elusive goal: the harder you try to fall asleep, the less likely you are to be successful. Insomnia is stoked by different habits, schedules, stresses, beliefs, and even personality types--but there is no single pill or therapy to reverse it. Sleep cannot be forced--ultimately, it must come to you. While insomnia treatments can set the stage, the best thing a person can do to ready themselves for sleep is getting sleepy. This practical, easy-to-follow guide written by two founding experts in behavioral sleep medicine will help you achieve one of the most important parts of staying healthy: a good night's rest. Taking into account the particular challenges that stand in your way to better sleep, Glovinsky and Spielman: - Discuss changes you can make to your daily routines to induce sleepiness - Walk you through applying standard cognitive behavioral treatments - Introduce new, promising interventions for managing anxiety, depression, an out-of-sync biological clock, dependence on medication, and more True sleepiness is the only reliable portal to sleep. You Are Getting Sleepy will guide you there.



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