

Date:

Sleep

8.1 

Title: **Overcoming Insomnia & Sleep Problems**

Author(s): **Espie**

Publisher: **Robinson**

Year: **2006** ISBN: **1845290704**

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- Explains the various forms and causes of sleep problems
- Uses cognitive behavioural techniques to give the reader better coping skills to overcome insomnia and sleep problems, by teaching them to use more helpful patterns of thought and behaviour
- Includes useful thought diaries and self-help monitoring sheets, which can be used as the reader works through the guide

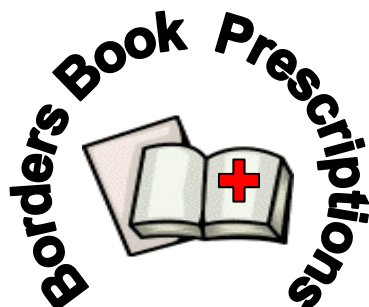
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