



Overcoming Insomnia: A Cognitive-Behavioral Therapy Approach, Workbook (Treatments That Work)

Jack D. Edinger, Colleen E. Carney

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It is estimated that one in ten U.S. adults suffers from chronic insomnia. If left untreated, chronic insomnia reduces quality of life and increases risk for psychiatric and medical disease, especially depression and anxiety.

The *Overcoming Insomnia* treatment program uses evidence-based cognitive-behavioral therapy (CBT) methods to correct poor sleep habits. CBT has been proven in multiple studies to improve sleep by reducing time spent in bed before sleep onset, reducing time spent awake after first sleep onset, and increasing the quality and efficiency of sleep. This second edition has been thoroughly updated by the program developers, Jack D. Edinger and Colleen E. Carney. Patients use the Workbook in conjunction with the treatment they receive from their therapist. Patients will receive information about healthy sleep and the reasons for improving sleep habits, and the therapist will develop a program to address that patient's specific sleep problems. Use of a sleep diary, assessment forms, and other homework (all provided in the Workbook) allows patient and therapist to work together to develop an effective sleep regimen tailored specifically for each patient.

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