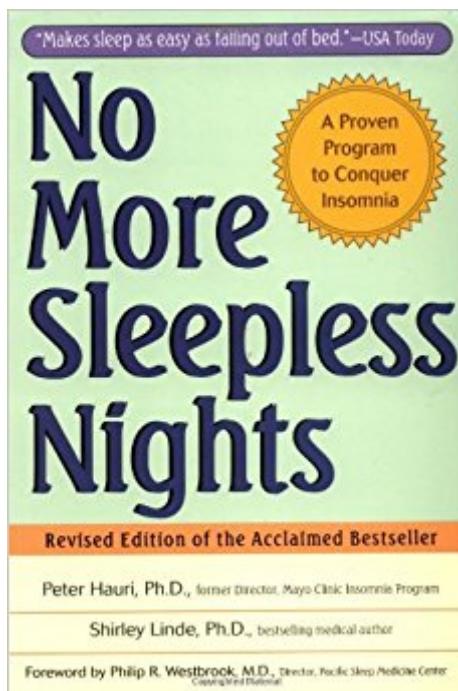


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# No More Sleepless Nights



## **Synopsis**

Helps sufferers of chronic insomnia as well as those who only sometimes sleep poorly. A clear, step-by-step approach shows how to determine the source of sleeplessness and then implement programmatic corrective action. Not vague generalities about ``relaxing,''' these are specific recommendations for what to do and how to do it. The director of the Cedars-Sinai Sleep Disorders Center, Dr. Philip R. Westbrook calls Dr. Hauri ``the leading authority on insomnia in the world today...He has vast clinical experience in treating patients with insomnia and has a unique ability to teach what he has learned.'' --This text refers to an out of print or unavailable edition of this title.

## **Book Information**

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## **Customer Reviews**

Although the catchy title may mislead, this is a serious encyclopedia of sleep disorders. Based on sleep disorder studies from the Mayo Clinic's insomnia program, of which Hauri is director, this book goes into precise detail on the many kinds of insomnia, incorporating the complete range of research and treatment in easy and accessible language. The core of the program is record keeping, and the book discusses the sleep and day logs that patients often must keep for weeks before the particular cause for the sleep disorder is discovered. For consumer health collections, this is the best book this reviewer has seen on insomnia. Highly recommended.- Evelyn L. Mott, Palm Beach Cty. P.L. , West Palm Beach, Fla. Copyright 1990 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

"The best book this reviewer has seen on insomnia."--Library Journal "Make sleep as easy as falling out of bed."--USA Today "At last, an authoritative, sensible book for all those with trouble sleeping; this is wonderfully written and offers real help."--Rosalind D. Cartwright, Ph.D., Director, Sleep Disorder Center Rush-Presbyterian-St. Luke'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."-- 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.

I purchased this book because my new sleep clinic doctor recommended that I read it before our second appointment (it was actually on a checklist that they give out to all new patients). This book would be a good starter book for someone who is just starting out with sleep problems. Having been seen at a few other sleep clinics in the past and having past my experiences of dealing with my chronic sleep issues, I feel as though this book was not good for me. All of the information presented were things that I had already done or learned about in the past. I found nothing new or helpful, and if anything, it was all more of a review along with skimming through things that did not apply to me at all. The good thing about this book is that many of the things I had learned about in the past, tried, or that I am currently doing were in this book. Overall, I'd say that this is a good starter book from someone new to sleep issues, but keep in mind that it doesn't really explore things in depth very much and to me felt pretty basic.

I did not keep this book. I ordered three different books to help me with treatment of chronic and severe insomnia. This book is a more general in describing the different types of insomnia and not so helpful with ideas for treating the problem. It would be a good book if you are just starting to figure out what your problem is, but I was beyond that point and needed more help with treatment ideas.

This is a practical, effective way to improve your sleep; the Mayo Clinic gave me one when I visited their sleep clinic several years ago and I am still using it (and have purchased a few more for friends).

If you have trouble getting a full-night's rest, this is a book that can help. It seems to be based on solid research. It guides through steps to analyze whether you are getting the sleep you need and, if not, what type of insomnia you have. Then it will suggest steps you can take to make things better. In my case, I found I did not really have insomnia. It also helped me stop trying to get to sleep...to relax and let sleep happen.

Very informative and easy to read. Lots of cited case studies and research papers.

Wasn't crazy about the book...

Good... not miraculous. I learned some interesting things from this book -- for example: that it's best not to try to change your bed time within 2 hours before or after your normal hour -- or that in order to train your body to sleep when you want it to: the worst thing you can do is to lay in bed and not sleep... best to just get out of bed and do something else. I'm giving the book 4 stars instead of the original 3 because it's kind of hard to expect something more miraculous than this for such an obscure subject. If I had insomnia I would be doing EVERYTHING in my power to (a) learn more about it and (b) TO SLEEP.... so this fits in with that... just don't let it keep you up at night.

For years and years I have had unhealthy sleep habits and chronic insomnia. After consulting a sleep specialist, they recommended this book. I needed to switch my sleep schedule (again, for YEARS I was falling asleep at 3am or later and getting up at 12 or later) to accommodate a new job. This book was easy to read, and easy to implement. I think the biggest thing is really following the material in order to ensure results. I took it all to heart and was able to change my sleep behaviors and my life. For two years now I have consistently achieved healthy sleep, getting up in the early morning, and going to bed at a normal time. Give yourself 2 weeks, doing EVERYTHING in the book, and you'll get over the hump--from there you'll find it gets easier. It'll take work on your part, but it's so worth it. I recommend this book to anyone and everyone who has problems with their sleep.

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