



TREATMENTS THAT WORK

Overcoming Insomnia

A Cognitive-Behavioral Therapy Approach

Second Edition

WORKBOOK

JACK D. EDINGER
COLLEEN E. CARNEY

OXFORD



Overcoming Insomnia

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One of the most difficult problems confronting patients with various disorders and diseases is finding the best help available. Everyone is aware of friends or family who have sought treatment from a seemingly reputable practitioner, only to find out later from another doctor that the original diagnosis was wrong or the treatments recommended were inappropriate or perhaps even harmful. Most patients, or family members, address this problem by reading everything they can about their symptoms, seeking out information on the Internet or aggressively “asking around” to tap knowledge from friends and acquaintances. Governments and health care policymakers are also aware that people in need do not always get the best treatments—something they refer to as *variability in health care practices*.

Now health care systems around the world are attempting to correct this variability by introducing *evidence-based practice*. This simply means that it is in everyone’s interest that patients get the most up-to-date and effective care for a particular problem. Health care policymakers have also recognized that it is very useful to give consumers of health care as much information as possible, so that they can make intelligent decisions in a collaborative effort to improve physical health and mental health. This series, *Treatments ThatWork*, is designed to accomplish just that. Only the latest and most effective interventions for particular problems are described in user-friendly language. To be included in this series, each treatment program must pass the highest standards of evidence available, as determined by a scientific advisory board. Thus, when individuals suffering from these problems or their family members seek out an expert clinician who is familiar

with these interventions and decides that they are appropriate, patients will have confidence they are receiving the best care available. Of course, only your health care professional can decide on the right mix of treatments for you.

This workbook describes a treatment for individuals suffering from insomnia. Insomnia is a common problem for adults, but not easily cured. Medications that are often prescribed to treat insomnia can have significant side effects and may not improve sleep in the long term. This workbook presents a safe and effective approach to treating insomnia with long-term benefits using cognitive-behavioral therapy (CBT) to help you change your behavior and thinking in order to sleep better. This completely updated workbook includes information to educate you about sleep problems, provides you with helpful recommendations to improve your sleep, and is based on the latest research about insomnia. It outlines strategies for changing patterns that may be contributing to your insomnia and includes user-friendly forms for assessing your sleep and monitoring your thoughts. Follow the “sleep rules” in this workbook and chances are you’ll soon be on your way to sounder, more restful sleep. You can use this workbook on your own or in conjunction with visits to a qualified health care professional.

David H. Barlow, Editor-in-Chief,
Treatments *ThatWork*
Boston, MA

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Contents

Chapter 1	Is This Book Right for Me?	1
Chapter 2	Sleep Education	15
Chapter 3	Improving Your Sleep	23
Chapter 4	Combating Unhelpful Thoughts	37
Chapter 5	Troubleshooting	53
Appendix: Forms and Worksheets		61
	Sleep Diary	62
	Constructive Worry Worksheet	67
	Thought Record	77
About the Authors		87



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