

A PROVEN PROGRAM TO ADDRESS YOUR UNIQUE SLEEP PROBLEMS USING CBT & ACT

# *End* THE INSOMNIA STRUGGLE

A Step-by-Step Guide to Help You  
Get to Sleep and Stay Asleep

INCLUDES  
downloadable  
audio exercises  
*for*  
better sleep

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## End the Insomnia Struggle: A Step-by-Step Guide to Help You Get to Sleep and Stay Asleep



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Insomnia is all too common in our modern culture, and can end up being devastating to your mental and physical wellness. Packed with research-based strategies and useful tools, this fully customizable book will show anyone who suffers terribly with insomnia how to get an excellent night's sleep— Integrating the physiology of sleep, and proven-effective methods from cognitive behavioral therapy for insomnia (CBT-I) and acceptance and commitment therapy (ACT), this publication provides step-by-step assistance for developing your personal treatment plan according to your particular challenges with insomnia. Therefore, how do you stop the routine of relentless worries and restless nights? Everyone struggles with rest every once in awhile, however when sleepless nights and overtired times become the norm, your well-getting is compromised, and frustration and get worried increase—including concerns about what 'With this reserve, you'for a better life.ll finally get to sleep, stay asleep, and awaken rested and ready to face the globe as your very best self, every single day.night after night—s stopping you from getting the sleep you will need, and what can be done about any of it.ll have all you need to overcome the relentless thoughts, ruminations, and tension of insomnia. Utilizing these evidence-based strategies and easy-to-use equipment, you'End the Insomnia Struggle presents a comprehensive, medication-free program which can be individually tailored for anyone who struggles with insomnia.



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The explanations are easily understood and there is a series of worksheets and ... End The Insomnia Struggle I purchased this publication for my female friend who has trouble getting a full nights sleep.). This book supplies the most extensive and individualized help I have found for those of us with persistent insomnia.! I am around three weeks into the program as of now, and I am learning how exactly to choose the most promising span of self-treatment. The authors point out that resolving this issue often takes time, and I'll edit this post when I have an update. Success story I purchased this book as a gift for my parents, who've struggled with insomnia for years. They liked it! They found it readable and understand, and stated that it really changed the direction they considered about sleeping. Following a couple of months, my mother says she today sleeps well 80% of the time - but a lot more importantly, on days when she doesn't rest well, it doesn't hinder her life any longer. Excellent resource for anybody working with others who struggle with sleep I actually am mental health service provider for adolescents. My FOURTEEN 12 months struggle is over! I am a kid and adolescent psychologist and go through this book to help me deal with my clients with rest difficulties.! If I can be cured, anyone can! I've been by using this book for exactly 8 weeks and have steadily improved my sleep efficiency every single week.). It really is so much more than basic rest hygiene strategies.!! It got A LOT to do with why I wasn't sleeping. The first few weeks were attempting. The explanations are easily understood and there is a series of worksheets and charts to greatly help in steering each person in the proper direction. This book helped me get my head around how to help at the same time when I had a pal suffering from insomnia. This by itself speaks volumes! I will begin to increase my amount of time in bed (a few nights, on the weekend, I've also slept solid for 8 hours! They created a clear way to help with rest issues; You will have to examine how you think and experience sleep.The authors have drilled right down to the core of the problem, but everybody has their very own specific issues. What's SRT!? Well, no f\*\*\*ing naps, for one! There's lots of wiggle room and the authors condition over and over again that you choose your level of commitment.! Even though the prospective audience is people who have sleep difficulties, not really clinicians, that made it even easier for me to understand how exactly to explain the ideas and ways of clients. And only allowing myself 5 whole hours in bed, period. Leaving 19 grueling, difficult hours to muster up all my will to stay awake and function.! Perform as much or less than you prefer, while recognizing that the even more you integrate all areas of this program into your routine, the quicker you'll start sleeping. After 14 years, I believed insomnia was just something I'd have to deal with the rest of my life.!!! I DIDNT BELIEVE WAS POSSIBLE! This isn't just airy-fairy stuff. A Worthwhile Confrontation with Yourself I won't bore readers with my long history of insomnia. an easy task to follow directions, a bit of tough like and

wonderful suggestions that make sense. It's been an excellent resource. End the Insomnia Struggle may be the only method I've found that addresses the whole person and all of the nitty-gritty problems involved in chronically not sleeping. The cognitive behavioral approach is challenging, but then, insomnia is no joke. It's a deeply ingrained habit that people perpetuate through mindful and unconscious thoughts and activities every day. "Habit" is the operative word. In order to successfully tackle insomnia, you might have to improve some longstanding practices that you might not want to change, such as the pleasure you get from staying up actually late watching videos during intercourse because you can't rest. The authors have created a multi-faceted system that you, and you alone, must commit to and focus on with a whole lot of patience. There is no hurry, because let's face it, you're not sleeping anyway. Personally, I found the Sleep Restriction Therapy most appropriate and attribute my results to it. As I've caused the publication, I've come to see why the methodology can be what it really is. Changing our behaviors isn't easy, however the concrete suggestions are created to address every road block you'll encounter. You'll need to appearance at your rest hygiene (are your bedroom and your bed comfortable? do you make an effort to make up for lost rest by sleeping really later on the weekends?). What I will say is this- PERSEVERENCE AND DISCIPLINE IS CRUCIAL!! But now, I'm used to it, am waaaaay even more productive with my day, am sleeping a lot more efficiently! To be able to help you, the book is associated with guided meditations and exercises on the publisher's site, and you can download the forms you will be filling out to organize your program and track your improvement. One of the primary improvements I've seen in the six weeks I am working with this technique is in regards to my estimation of myself. I'm very much kinder to myself than I utilized to be.) I have already been recommending this reserve to anyone and everyone who has difficulty sleeping!! I still possess bad and the good days, and you may still find times when I just get four hours of rest. But sometimes I "miraculously" drift off within a half-hour of going to bed and get six or even seven hours. The overall craze is in the right direction, and I've given up the catastrophizing which used to keep me awake the whole night. I've also let go of worrying about when I'll be totally cured. Considering that I'm 66 years old and have experienced insomnia since at least the age of 10, that's over half of a century of ingrained negative traits to let go of. In addition, it includes common concerns raised by people using the program and how exactly to address them, which prepared me well to response nuanced queries that my clients presented if you ask me. In fact, it's already been worthy of it. Since reading this book, I have utilized much of it's content with clients. But if you're ready to do the work, have patience, and incorporate as much of the behavioral and cognitive suggestions as possible, your sleep – and your life – will improve over time. There has only been recently any amount of

professional knowledge of sleeping and insomnia (PS- pills are NOT the answer! She often wakes up in the middle of the night time and stays awake all night. She read lots of books on the subject. And she believed that this book provided the best information. The book is simple to read. Could literally be a life saver This is actually the perfect book for anyone fighting insomnia or with a friend or family member who is suffering from insomnia. Whether you can't get to sleep, you can't stay asleep, or you just can't sleep deeply, the authors give a highly functional blend of cognitive behavior therapy for insomnia bolstered by acceptance and commitment therapy. The combination is impressive and clear to see. I was recommended this publication by a sleep specialist I actually was recommended this reserve by a sleep specialist. Each step is described well. I can't thank the authors enough for the beautiful work they did writing it. This book is easy to read and understand, not too scientific beyond comprehension, and offers multiple strategies and ideas to customize your personal therapy. Just understand that I will not take sleeping pills because of the side effects, but I've attempted melatonin and every other dietary supplement and recommendation supposedly guaranteed to make a person sleepy. It is helping me a lot. Highly recommend! If you are looking for a magic pill that ends your insomnia in a single day, visit the doctor and get expensive, toxic pills and wish you don't start walking, eating and driving in your sleep. You can't really calculate how much money I've wasted. Well written and performed in a way that you do not have to be a specialist to comprehend it. I particularly like this the authors integrated some acceptance and commitment therapy perspectives in here as well. They take a a lot more flexible approach so that you don't just follow a couple of rules -- you find out what works for you and what doesn't, and what you're ready to sacrifice (temporarily) so you can get good sleep. Individualized and effective-- well worth the read. Not just the same old sleep tips. This book has been an invaluable resource as a clinician. I'm frequently re-reading chapters and photocopying worksheets from it for customers. What's really unique about this publication can be that they don't just present the typical tips and advice for sleep (stuff like don't drink an excessive amount of caffeine, wind down prior to going to bed, etc. Starting, I was only sleep 44% of my total time spent in bed. Nicely done!" Primarily, I didn't spend enough time in this section, because as an engineer, I was drawn to the even more tangible pieces of the puzzle, but after striking a wall whenever using my friend, it was abundantly clear that both components are essential. They stage out all the common barriers which come up in doing traditional CBT-i, and offer several new and creative options for getting past those barriers by drawing upon another evidence-based treatment (Take action)-- for example, strategies to help the chronic worrier, or ways to use the inevitable stress about not having the ability to sleep and how terrible you'll feel tomorrow because of

your insomnia. A lot more than just CBT-I. A must read for anybody who needs something that works for resolving insomnia.! It's a nonthreatening read and supplied everything I had a need to know to help my friend without having to be unnecessarily dense. Through this process, I'd explored many resources on sleep, and right now, I understand this book is quite special for the reason that it focuses not only on CBT-I (which is usually relayed in a very behaviors-focused manner) but also on what the authors contact "Acceptance Therapy. This makes it so that you're not simply applying a cookie-cutter strategy -- it is possible to really individualize things, which makes it much more useful. Without this complete picture, we may possess gotten "stuck," and I appreciate profiting from the years of experience the authors incorporate to their work - especially via the examples of very actual scenarios and discussions in the treatment room, a lot of which are surprisingly relevant to the problem we were facing. Superb book for clinicians in addition to clients!! The publication is very an easy task to follow and I experienced I could straight translate what I read into my work with children and adolescents. Right now, I'm at a whopping 92%! If it requires six months, it will be well worth it.! I highly recommend this publication for clinicians who focus on sleep problems with their clients.



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