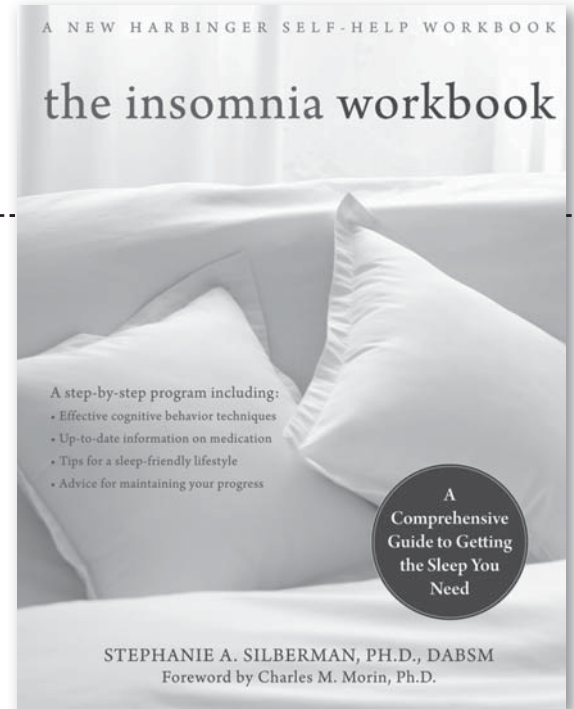


THE INSOMNIA WORKBOOK

A Comprehensive Guide to Getting the Sleep You Need

STEPHANIE A. SILBERMAN, PH.D., DABSM



“You may be wondering why I decided to write a workbook on insomnia. Since I first started working in the field of sleep medicine, I’ve been amazed at how many people have trouble sleeping. Everywhere I go, people ask me questions about sleep...With insomnia being such a widespread problem, I decided to write a self-help book on insomnia in a workbook format to answer some of these questions and provide solutions for difficulties with sleeping.”

—STEPHANIE A. SILBERMAN,
author of *The Insomnia Workbook*

A complete program to help those who spend wakeful nights counting down the hours until dawn.

Aromatherapy, pillows, sleep masks, white noise machines, expensive mattresses—do any of these things help people actually get to sleep? For the vast majority of insomniacs, the answer is no, and yet these are among the top recommendations most books on sleep offer. In *The Insomnia Workbook* clinical psychologist Stephanie Silberman, who specializes in sleep disorders and has helped hundreds of patients get a good night’s rest, introduces a program for readers using cognitive behavioral therapy (CBT), a therapeutic approach that has been shown in clinical studies to be even more effective than powerful sleep medications.

According to the American Academy of Sleep Medicine there is no better treatment for insomnia than CBT. *The Insomnia Workbook* is designed to simulate the experience of seeing a professional CBT sleep therapist. Readers answer questions and do step-by-step exercises to assess their sleep habits and learn to build a healthy sleep lifestyle. The exercises help readers identify and address mood-related insomnia, medically related insomnia, primary insomnia, and other sleep disorders.

Sleep hygiene, sleep logs, stimulus control, and sleep restriction are discussed in detail in the treatment sections of this book. Medication information is also included for readers already taking sleeping pills and for those who would like to try them. Silberman discusses over-the-counter sleep medications and herbal remedies, and offers advice for gently weaning oneself off of sleep medications for those interested in trying a CBT-only approach to insomnia treatment.

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June 2009 / 978-1-57224-635-5 / \$21.95 / 8 x 10 / 224 pages



PHOTO BY ANTON HAHNA

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Praise

“Sleep is one of the few universals of life, and yet we still know little about it. In particular, the reasons we don’t sleep can be as mystifying as the reasons we do. The Insomnia Workbook is a comprehensive, scholarly, and clearly written review of what we know about the architecture of sleep, how insomnia disrupts that architecture, and what can be done to rebuild a healthy sleep pattern.”

— **Robert McGrath, Ph.D.**, director of the Ph.D. program in clinical psychology and director of the MS Program in clinical psychopharmacology at Fairleigh Dickinson University in Teaneck, NJ

About the Author

STEPHANIE A. SILBERMAN, PH.D., DABSM, is a clinical psychologist and board certified sleep medicine specialist who uses cognitive behavioral therapy for the treatment of sleep disorders, depression, and anxiety. She is active in professional organizations and legislative activities affecting psychology and sleep disorders. She is a consultant for various sleep laboratories and maintains a private practice in the Fort Lauderdale area.

Visit Stephanie Silberman online at:
WWW.SLEEPSYCHOLOGY.COM

“Silberman is a professional who has distinguished herself in the diagnosis and treatment of sleep disorders. There are still far too few such dedicated sleep professionals available. Her new book is needed to promote greater understanding of why insomnia is far and away the commonest manifestation of underlying sleep disorder and what to do to relieve this distressing condition.”

— **Bruce Nolan, MD, FACP, FAASM**, sleep center medical director at Miller School of Medicine, University of Miami

“Silberman has taken the difficult topic of insomnia and provided an informative review not only of normal sleep, but also of common sleep problems. She discusses treatments for people having difficulty falling asleep and staying asleep using up to date medical and psychological treatments. The book is sure to be of interest to people with trouble sleeping and readers who simply wish to learn more about the fascinating world of sleep.”

— **Glenn R. Singer, MD, FACP, FCCP, FAASM**, medical director of the sleep disorder centers at Broward General Medical Center and Weston Broward Health, Fort Lauderdale, FL

“The idea of a comprehensive insomnia workbook, starting from the basics of sleep to diagnosis and management, is a brilliant endeavor. This book is up-to-date and serves as an ‘all you need to know about sleep’ guide. It is easy to read and understand, keeps the reader’s attention, and acts like a teaching aid. I would recommend this book to anyone interested in learning about the various intricacies of sleep, and to any professional who requires in-depth information. Silberman has further enriched the world of sleep with her contribution.”

— **Vipin Garg, MD, FCCP, FAASM**, director of the sleep disorders center at Trinitas Hospital in Elizabeth, NJ, and assistant professor of medicine at Seton Hall University

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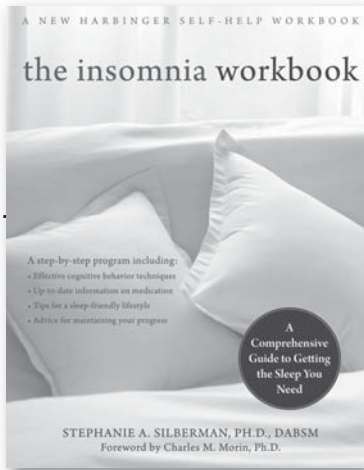
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Tips

❑ **PRACTICE GOOD SLEEP HYGIENE:** It pays to be mindful of the conditions, behaviors, and practices that surround your nightly sleep. Good sleep hygiene, says Silberman, “promotes continuous, restful, effective sleep.” While bad sleep hygiene, such as going to bed when you’re not sleepy, watching TV in bed, and overusing sleep aids can lead to chronic sleeplessness.

❑ **TAKE TIME EACH DAY FOR A RELAXING ACTIVITY:** It may seem daunting at first, especially if you have a busy work and/or family schedule, but relaxing activities such as taking a walk, reading a book, knitting, guided imagery, meditation, or even taking a bath can benefit both your mind and body and lead to better sleep.

❑ **DEAL WITH UNDERLYING DEPRESSION OR ANXIETY THAT MAY BE CAUSING YOUR INSOMNIA:** “Some people with sleep problems also have depression or anxiety that is separate from their insomnia,” explains Silberman. “If you have depression or anxiety, you may need help specific to those issues. It’s important that you get the help that you need from a qualified mental health professional, such as a psychologist or psychiatrist. If you resist the idea of getting help, remember this: Because both depression and anxiety can have a negative impact on sleep, you’ll be at increased risk of insomnia in the future if either problem remains untreated.”

Interview Questions

1. What exactly is insomnia? What causes it?
2. There are many subtypes of insomnia. What is the most common?
3. What constitutes normal sleep?
4. What are the different stages that make up a sleep cycle?
5. What is good sleep hygiene? How can parents teach good sleep hygiene to their children?
6. How common is sleep deprivation? What are its effects on the brain?
7. Can chronic insomnia cause anxiety or depression? How common is it for these conditions to coexist?
8. What are some common myths about sleep?
9. What are some tips you can offer someone who is troubled with sleeplessness?
10. Can reading before bed help aid sleep? What about an alcoholic beverage before bed?
- 11 Do you ever recommend medication to aid in sleep?

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