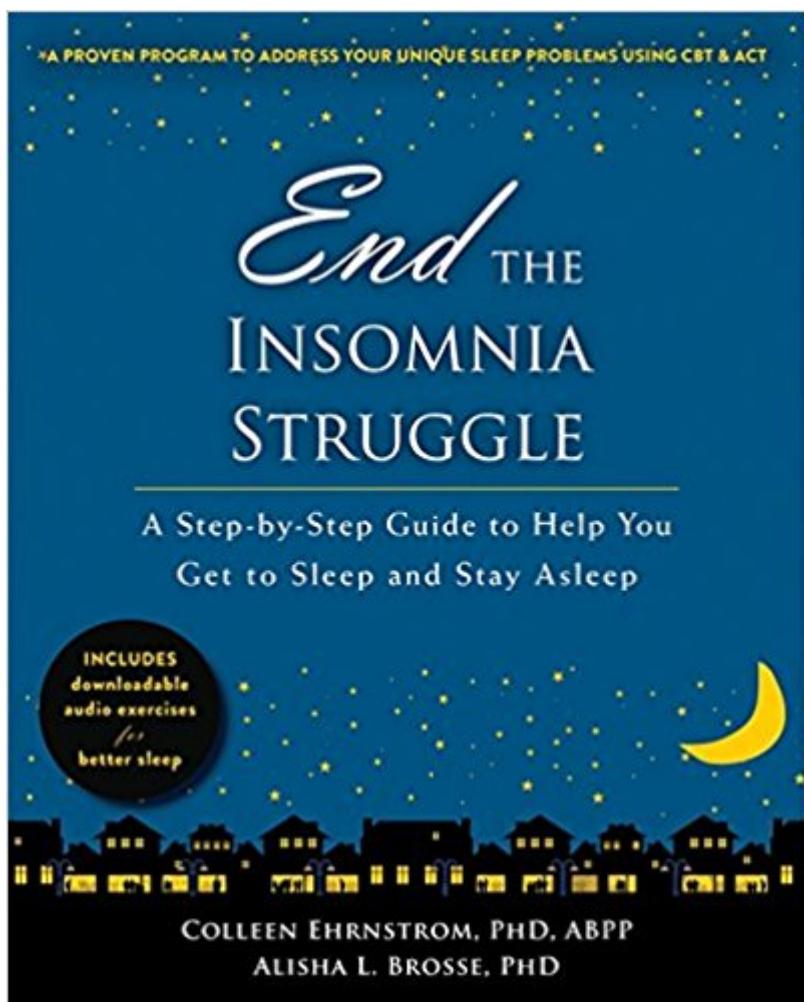


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# End The Insomnia Struggle: A Step-by-Step Guide To Help You Get To Sleep And Stay Asleep



## Synopsis

Insomnia is all too common in our modern culture, and can be devastating to your mental and physical health. Packed with research-based strategies and practical tools, this fully customizable book will show anyone who suffers with insomnia how to get a good nightâ™s sleepânight after nightâfor a better life. Everyone struggles with sleep from time to time, but when sleepless nights and overtired days become the norm, your well-being is compromised, and frustration and worry increaseâincluding concerns about whatâ™s stopping you from getting the sleep you need, and what can be done about it. So, how do you stop the cycle of relentless worries and restless nights? End the Insomnia Struggle offers a comprehensive, medication-free program that can be individually tailored for anyone who struggles with insomnia. Integrating the physiology of sleep, and proven-effective approaches from cognitive behavioral therapy for insomnia (CBT-I) and acceptance and commitment therapy (ACT), this book provides step-by-step guidance for developing your own treatment plan according to your particular challenges with insomnia. With this book, youâ™ll have everything you need to overcome the relentless thoughts, ruminations, and stress of insomnia. Utilizing these evidence-based strategies and easy-to-use tools, youâ™ll finally get to sleep, stay asleep, and wake up rested and ready to face the world as your best self, day after day.

## Book Information

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## Customer Reviews

âœlâ™m impressed. This is easily the most comprehensive and practical approach Iâ™ve ever read on how to treat insomnia. I thought I had a pretty good handle on this topic, but was surprised to find large gaps in my knowledge, and quite a number of erroneous beliefs (donâ™t tell anyone,

please!). The authors expertly synthesize acceptance and commitment therapy (ACT) and cognitive behavioral therapy (CBT) (which is no easy feat) to offer effective treatment for a wide range of sleep difficulties across the whole spectrum of DSM disorders. So, if you want to help your clients to sleep better without drugs, you need this book.â • â "Russ Harris, author of *The Happiness Trap* and *ACT Made Simple*â œThis fantastic toolkit is like getting to have two of the smartest, most empathic insomnia treatment experts in the world be your doctors. Clear instructions and flexible, doable steps transform the highest-quality treatment into a do-it-yourself plan that will make it possible to get a good nightâ ™s sleep again.â • â "Kelly Koerner, PhD, Evidence-Based Practice Institute, Seattle, WAâ œFor those of us who lie awake at night wondering when sleep is going to arrive and what tomorrow will be like without it, *End the Insomnia Struggle* offers hope. In this well-written and accessible manual, Colleen Ehrnstrom and Alisha Brosse, two experienced clinical psychologists, take us through the reasons that people canâ ™t sleep, and the behavioral and cognitive strategies that help them overcome insomnia. Readers will appreciate the handouts for recording oneâ ™s progress in the program and the many recommendations on how to troubleshoot oneâ ™s sleep plan. The one-size-fits-all approach of many cognitive-behavioral manuals is replaced here with acceptance, mindfulness, and commitment strategies to help you individualize behavioral sleep tools. A must-read for people with insomnia and the clinicians who work with them.â • â "David J. Miklowitz, PhD, professor of psychiatry and behavioral sciences at the UCLA School of Medicine, Los Angeles, CA; and author of *The Bipolar Disorder Survival Guide*â œ*End the Insomnia Struggle* is a wonderful and much-needed book. Ehrnstrom and Brosse not only provide clear descriptions of the core tools needed to help promote healthy sleep, they also pour into each page their wealth of expertise working with people struggling with insomnia. The result is that they are there with you, as the reader, every step of the way, guiding you clearly, firmly, and gently along the path to better sleep.â • â "Sona Dimidjian, PhD, associate professor in the department of psychology and neuroscience at the University of Colorado Boulderâ œ*End the Insomnia Struggle* is a must-have for anyone struggling to sleep well. Clinical science has validated a number of very effective strategies for insomnia, but unfortunately, these strategies are very challenging to put into action. The authors have put their combined forty-plus years of clinical experience into providing a comprehensive program in a very straightforward way that a motivated person can actually do on their own, or that counselors could readily use to guide their clients. The book is user friendly, and addresses all the possible excuses and roadblocks that might get a person off track. Their distinction between worry (future-oriented) and rumination (past-oriented) is particularly helpful. I have already made a list of family and friends to send this book to. Give it a try yourself!â • â "Linda

W. Craighead, PhD, professor of psychology and director of clinical training at Emory University, and author of *The Appetite Awareness Workbook* "Ehrnstrom and Brosse, licensed clinical psychologists, go beyond the usual sleep hygiene suggestions (e.g., limit caffeine, stop napping) to offer personalized solutions for the millions of people who suffer from insomnia. Designed to be used as a workbook, the title has sleep logs and worksheets to aid readers in determining which approach to treatment "based in cognitive behavioral therapy" will most likely be of benefit. They cover the physiology of sleep and how people "get stuck" in a pattern of insomnia, providing exercises for readers to clarify their own patterns. The book's second and third sections feature behavioral and cognitive strategies for overcoming insomnia; readers will choose which methods to pursue based on the results of their sleep entries. The authors also describe medical conditions that can be misidentified as insomnia, such as sleep apnea, restless leg syndrome, and periodic limb movements, and recommend medical evaluation for those. Not a quick fix, this title leads users through the steps necessary to discover the best approaches to treatment. VERDICT: Of interest to anyone who suffers from insomnia or has a family member who does." "Library Journal

Colleen Ehrnstrom, PhD, ABPP, is a licensed clinical psychologist who specializes in acceptance and commitment therapy (ACT). She is board certified in cognitive behavioral therapy (CBT), and works in the family program at the Department of Veterans Affairs in Denver, CO. Alisha L. Brosse, PhD, is a licensed clinical psychologist who specializes in behavioral therapies for a wide range of presenting problems, especially sleep, mood, and anxiety disorders. She operates a private practice in Boulder, CO, and directs a bipolar specialty clinic at the University of Colorado Boulder.

I bought this book as a gift for my parents, who have struggled with insomnia for years. They loved it! They found it easy to read and understand, and said that it really changed the way they thought about sleeping. After a couple of months, my mother says she now sleeps well 80% of the time - but even more importantly, on days when she doesn't sleep well, it doesn't interfere with her life any more. Highly recommend!

Don't bother with this book if you're truly struggling with chronic insomnia. Completely ineffective and only escalated my frustration. Its essentially a collection of "techniques" around personal data tracking and sleep hygiene that would only yield benefit to someone with the most minor/moderate case of insomnia.

Well written functional read!

worth reading twice

AWESOME! I have only just begin the program and have already seen BIG improvements in my sleep. I can't believe it took me 10 years to look for and find a solution as simple as this. Their suggestions and programs are really logical and easy to follow so long as you are willing to keep your eye on the prize. I will update once I've completed the program, but I'm 100% certain it will be successful!

Excellent approach!

There has only recently been any degree of professional understanding of sleeping and insomnia (PS- pills are NOT the answer!). This book offers the most comprehensive and individualized help I have found for those of us with chronic insomnia. The explanations are easily understood and there is a series of worksheets and charts to help in steering each person in the right direction. I am about three weeks into the program as of now, and I am learning how to select the most promising course of self-treatment. The authors point out that resolving this issue often takes some time, and I will edit this post when I have an update.

I used the first two sections of this book (addressing sleep generally and behavior therapy specifically) to work with my son on his sleep. He is 10 years old and has development disabilities and a long history of sleep disturbances. He has difficulty staying asleep and suffers pretty chronic sleep deprivation as a result. The results of two months reading and applying the book have been fantastic! He went from waking sometimes every two hours, to waking twice/night regularly, to sleeping for 10.5-11 hours with no wakeful periods! In this book, I love the approach of on-going troubleshooting. If something isn't working, there will be another strategy to try. For us, the behavior training section was most useful, and I love the easy-to-reference tables. We have seen sleep psychologists at a specialty sleep clinic, and the advice and information the gave significantly overlapped this book -- BUT we had to wait two months to get appointments! With the book, we were able to strategize and troubleshoot on our own for much, much faster improvement without dealing with hours of appointments!

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Night, Wake up Refreshed The Effortless Sleep Method: The Incredible New Cure for Insomnia and  
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