



Beating Insomnia

Tim Cantopher

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Insomnia is one of the major afflictions of the modern world, and is responsible for a great deal of lost productivity, accidents and suffering. About one in three of us report sleep problems. Insomnia has been linked to anxiety, major depression, cognitive disturbance, high blood pressure, heart disease, diabetes and increased proneness to infections. However stress, which predisposes to these conditions, is also a major cause of insomnia. This book, by a leading consultant psychiatrist, explains how you may sleep better. Topics include:

- Does insomnia matter?
- How sleep works
- Why can't I sleep?
- Specific problems which interfere with sleep
- Using a sleep diary
- Managing stress
- Non-pharmacological treatments
- Pills and potions
- Dealing with specific causes of insomnia
- I still can't sleep!

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