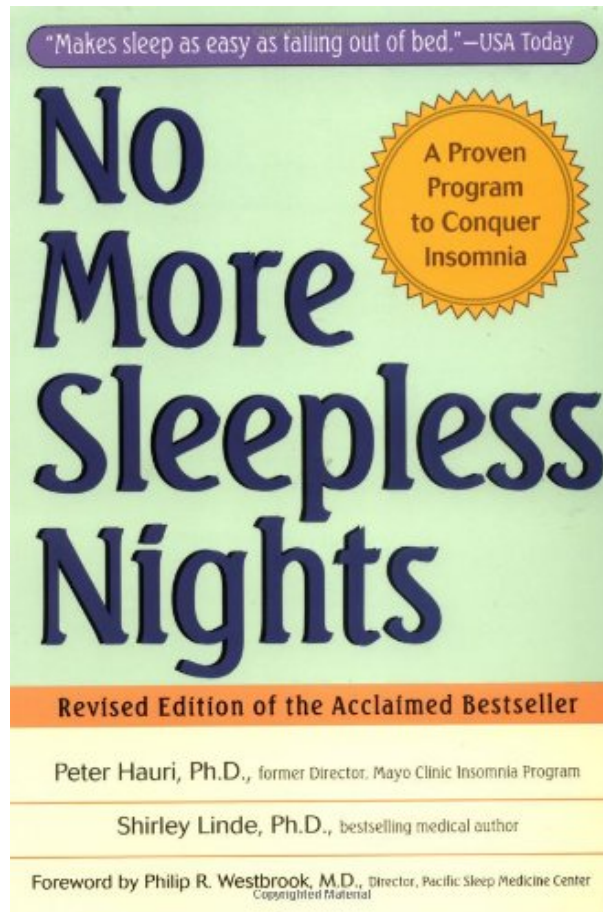


# NO MORE SLEEPLESS NIGHTS BY PETER HAURI, SHIRLEY LINDE



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"Makes sleep as easy as falling out of bed."—USA Today

# No More Sleepless Nights

A Proven  
Program  
to Conquer  
Insomnia

Revised Edition of the Acclaimed Bestseller

Peter Hauri, Ph.D., former Director, Mayo Clinic Insomnia Program

Shirley Linde, Ph.D., bestselling medical author

Foreword by Philip R. Westbrook, M.D., Director, Pacific Sleep Medicine Center  
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From Library Journal

Although the catchy title may mislead, this is a serious encyclopedia of sleep disorders. Based on sleep disorder studies from the Mayo Clinic's insomnia program, of which Hauri is director, this book goes into precise detail on the many kinds of insomnia, incorporating the complete range of research and treatment in easy and accessible language. The core of the program is record keeping, and the book discusses the sleep and day logs that patients often must keep for weeks before the particular cause for the sleep disorder is discovered. For consumer health collections, this is the best book this reviewer has seen on insomnia. Highly recommended.

- Evelyn L. Mott, Palm Beach Cty. P.L. , West Palm Beach, Fla.

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About the Author

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- Sales Rank: #41852 in Books
- Published on: 1996-08-13
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x .90" w x 6.00" l, .80 pounds
- Binding: Paperback
- 304 pages

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#### Most helpful customer reviews

2 of 2 people found the following review helpful.

Good introduction to sleep issues if you are new to sleep issues...

By The\_Lucas

I purchased this book because my new sleep clinic doctor recommended that I read it before our second appointment (it was actually on a checklist that they give out to all new patients). This book would be a good starter book for someone who is just starting out with sleep problems. Having been seen at a few other sleep clinics in the past and having past my experiences of dealing with my chronic sleep issues, I feel as though this book was not good for me. All of the information presented were things that I had already done or learned about in the past. I found nothing new or helpful, and if anything, it was all more of a review along with skimming through things that did not apply to me at all.

The good thing about this book is that many of the things I had learned about in the past, tried, or that I am currently doing were in this book. Overall, I'd say that this is a good starter book from someone new to sleep issues, but keep in mind that it doesn't really explore things in depth very much and to me felt pretty basic.

3 of 3 people found the following review helpful.

As we age...

By William J. Pardee

Deep restorative sleep grows increasingly difficult to achieve as we age. (I'm 69.) I found this terrifically helpful and insightful. The author is a genuine expert with broad and long experience, and he acknowledges the individuality--no one solution helps everyone. But his advice has been a great help to me, especially by eliminating naps, exercising in the afternoon, going to bed a bit later and getting up a bit earlier--spending fewer hours in bed. But everyone is different. He also explains the ineffectiveness and hazards of pills and alcohol.

1 of 1 people found the following review helpful.

It would be a good book if you are just starting to figure out ...

By Eve Runnels

I did not keep this book. I ordered three different books to help me with treatment of chronic and severe insomnia. This book is a more general in describing the different types of insomnia and not so helpful with ideas for treating the problem. It would be a good book if you are just starting to figure out what your problem is, but I was beyond that point and needed more help with treatment ideas.

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