



Teaching the World to Sleep: Psychological and Behavioural Assessment and Treatment Strategies for People with Sleeping Problems and Insomnia

David R. Lee

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Sleep problems are ubiquitous in the modern world, significantly impacting on quality of life, mental health, and performance at work and at home. More significantly, sleep problems accompany almost every mental health condition and are a significant driver in the development and maintenance of poor mental health. This book describes the current state of knowledge on the science of sleep, covering the various forms of insomnia and parasomnia that abound, before discussing the variety of assessment and treatment options available to the healthcare practitioner. Further discussion of psychological and behavioural interventions is made with particular reference to a new, second-generation Cognitive Behavioural Therapy for insomnia, how this is an effective treatment modality, and how it can be applied with clients presenting with more complex physical and mental health conditions. The final chapter presents the range of theories as to the purpose and function of dreams and dreaming, and how 'dream-work' has been applied in the therapeutic setting. The aim of this book is to empower healthcare professionals with new up-to-date knowledge on the assessment, treatment, and management of sleep problems (an area so often neglected in every health-related training course), and to assist them with their clients who do not sleep well. The book is also written for the interested insomniac, to help them with their own sleep, or the sleep of their loved-ones. The purpose of this book is to spread the word about sleep and how it can be improved and optimised: to teach the world to sleep.

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The book Teaching the World to Sleep: Psychological and Behavioural Assessment and Treatment Strategies for People with Sleeping Problems and Insomnia will bring you to the new experience of reading a book. The author style to clarify the idea is very unique. In case you try to find new book to read, this book very ideal to you. The book Teaching the World to Sleep: Psychological and Behavioural Assessment and Treatment Strategies for People with Sleeping Problems and Insomnia is much recommended to you to study. You can also get the e-book through the official web site, so you can easier to read the book.

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