1.	Record Nr.	UNINA9910460081303321
	Autore	Edinger Jack D.
	Titolo	Overcoming insomnia : a cognitive-behavioral therapy approach, workbook / / Jack D. Edinger, Colleen E. Carney
	Pubbl/distr/stampa	Oxford, England : , : Oxford University Press, , 2015 ©2015
	ISBN	0-19-026146-3 0-19-933941-4
	Edizione	[2nd ed.]
	Descrizione fisica	1 online resource (105 p.)
	Collana	Treatments That Work
	Disciplina	616.8/498206 616.84982
	Soggetti	Insomnia - Treatment Electronic books.
	Lingua di pubblicazione	Inglese
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
	Note generali	Description based upon print version of record.
	Nota di contenuto	Cover; Overcoming Insomnia; Copyright; Contents; Chapter 1 Is This Book Right for Me?; Chapter 2 Sleep Education; Chapter 3 Improving Your Sleep; Chapter 4 Combating Unhelpful Thoughts; Chapter 5 Troubleshooting; Appendix: Forms and Worksheets; About the Authors
	Sommario/riassunto	It is estimated that one in ten U.S. adults suffers from chronic insomnia. If left untreated, chronic insomnia reduces quality of life and increases risk for psychiatric and medical disease, especially depression and anxiety. The Overcoming Insomnia treatment program uses evidence-based cognitive-behavioral therapy (CBT) methods to correct poor sleep habits. CBT has been proven in multiple studies to improve sleep by reducing time spent in bed before sleep onset, reducing time spent awake after first sleep onset, and increasing the quality and efficiency of sleep. This second edition has been

2.	Record Nr.	UNISA996465428203316
	Titolo	Information Security [[electronic resource]] : 14th International Conference, ISC 2011, Xi'an, China, October 26-29, 2011, Proceedings / / edited by Xuejia Lai, Jianying Zhou, Hui Li
	Pubbl/distr/stampa	Berlin, Heidelberg : , : Springer Berlin Heidelberg : , : Imprint : Springer, , 2011
	ISBN	3-642-24861-6
	Edizione	[1st ed. 2011.]
	Descrizione fisica	1 online resource (XIII, 388 p.)
	Collana	Security and Cryptology ; ; 7001
	Disciplina	005.8
	Soggetti	Computer security
		Data encryption (Computer science)
		Algorithms
		Computer science—Mathematics
		Special purpose computers
		Application software
		Systems and Data Security
		Cryptology
		Algorithm Analysis and Problem Complexity
		Math Applications in Computer Science
		Special Purpose and Application-Based Systems
		Information Systems Applications (incl. Internet)
	Lingua di pubblicazione	Inglese
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
	Note generali	Bibliographic Level Mode of Issuance: Monograph
	Nota di bibliografia	Includes bibliographical references and index.
	Sommario/riassunto	This book constitutes the refereed proceedings of the 14th International Conference on Information Security, ISC 2011, held in Xi'an, China, in October 2011. The 25 revised full papers were carefully reviewed and selected from 95 submissions. The papers are organized in topical sections on attacks; protocols; public-key cryptosystems; network security; software security; system security; database security; privacy; digital signatures.