

1. Record Nr.	UNINA9910480614503321
Autore	Quiney Linda J.
Titolo	This small army of women : Canadian volunteer nurses and the First World War // Linda J. Quiney
Pubbl/distr/stampa	Vancouver, [Ontario] ; ; Toronto, [Ontario] : , : UBC Press, , 2017 ©2017
ISBN	0-7748-3074-3 0-7748-3073-5
Descrizione fisica	1 online resource (289 pages) : illustrations, tables
Disciplina	355.345
Soggetti	Military nursing - Canada - History - 20th century Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.

2. Record Nr.	UNINA9910972654103321
Autore	Edinger Jack D
Titolo	Overcoming insomnia : a cognitive-behavioral therapy approach : workbook / / Jack D. Edinger, Colleen E. Carney
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2008
ISBN	0-19-024217-5 1-281-86836-1 9786611868369 0-19-971081-3
Edizione	[1st ed.]
Descrizione fisica	1 online resource (79 p.)
Collana	Treatments that work
Altri autori (Persone)	CarneyColleen E. <1971->
Disciplina	616.8 616.8/498 616.8498
Soggetti	Insomnia - Treatment Cognitive therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	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
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. There are two forms of insomnia: secondary insomnia, in which it is comorbid with another condition such as psychiatric disorders, chronic pain conditions, or cardiopulmonary disorders, and primary insomnia, which does not coexist with any other disorder, Though insomnia may be caused by any number of things, it is primarily sustained by the development of poor sleep habi