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Nota di contenuto	Cover; Series; Overcoming Insomnia; Copyright; About; Contents; Chapter 1: Introductory Information for Therapists; Chapter 2: Pre-Treatment Assessment; Chapter 3: Session 1: Psychoeducational and Behavioral Therapy Components; Chapter 4: Session 2: Cognitive Therapy Components; Chapter 5: Follow-Up Sessions; Chapter 6: Considerations in CBT Delivery; Appendix 1: Sleep History Questionnaire; Appendix 2: Daytime Insomnia Symptom Response Scale (DISRS); References; 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. Developed by Jack D. Edinger