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	Nota di contenuto	Chapter 1. Introduction -- Chapter 2. Sleep And Its Functions -- Chapter 3. Effects of Sleep Deprivation -- Chapter 4. Insomnia -- Chapter 5. Insomnia: its comorbidities and differential diagnosis -- Chapter 6. Hypnotic dependence and withdrawal -- Chapter 7. Initial interview in the therapeutic setting -- Chapter 8. Evaluation and Retrospective Measurements -- Chapter 9. The Role of Actigraphy and Sleep Diaries in Assessing Sleep in Adults with Insomnia -- Chapter 10. Sleep Hygiene -- Chapter 11. Stimulus Control Therapy for Insomnia -- Chapter 12. Sleep Restriction -- Chapter 13. Acceptance and Commitment Therapy -- Chapter 14. Evidence of Acceptance and Commitment Therapy-based Therapies for Insomnia -- Chapter 15. A

Session-by-Session Guide for Acceptance and Commitment Therapy for Insomnia -- Chapter 16. ACT Therapeutic Processes in the ACT-I Protocol -- Chapter 17. Case Example: Application of ACT-I in a group intervention -- Chapter 18. Case Example: Application of ACT-I in an individual intervention -- Chapter 19. Case Example: Application of ACT-BBI-I in an individual intervention.

Sommario/riassunto	This book presents a complete guide for psychotherapists to apply a protocol based on Acceptance and Commitment Therapy (ACT) to the treatment of insomnia. It describes an evidence-based treatment program for insomnia based on the theoretical model of ACT which allows clinicians to both apply it as monotherapy or in conjunction with behavioral components that are associated with better insomnia treatment outcomes, such as stimulus control and sleep restriction. Cognitive Behavioral Therapy for Insomnia (CBT-I) is the current psychotherapy of choice to treat insomnia, but there are patients who have difficulties in adhering to some therapeutic elements and others who are refractory to this modality. Therefore, new therapeutic modalities are needed. ACT applied to insomnia has shown effective results, presenting another way to deal with the cognitive components involved in sleep difficulties. Acceptance and Commitment Therapy for Insomnia: A Session-By-Session Guide aims to bridge the gap between the available evidence on the use of ACT for insomnia and clinical practice by providing, in one single volume, all the necessary tools for clinical psychologists, psychiatrists, psychotherapists and mental health professionals interested in applying this innovative evidence-based approach to the treatment of insomnia. "This innovative and well-written volume offers therapists a practical, evidence-based alternative to traditional Cognitive Behavioral Therapy or medication-dependent treatments for insomnia. It's important to have such choices, and Acceptance and Commitment Therapy (ACT) has unusual strengths in focusing on the whole person and their overall quality of life, instead of the features of sleep disruption alone. Using a carefully crafted, session-by-session approach, it equips professionals with the tools to adapt ACT to individual patient needs, making a meaningful difference in their journey towards restfulsleep and greater well-being. Highly recommended". Steven C. Hayes, Ph.D. Foundation Professor of Psychology Emeritus, University of Nevada, Reno. Originator of Acceptance and Commitment Therapy.