

first steps through insomnia pdf

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Research suggests that over half of us have bouts of insomnia and that persistent sleep deprivation can increase the risk of conditions such as diabetes, depression and high blood pressure. The University of British Columbia suggests that every hour of sleep lost at night may cost us one IQ point the following day.

First Steps Through Insomnia - eBook: Simon Atkins

First steps through Insomnia is just that - the very first book you want to read through when researching the problems you are having with sleeping. There really aren't any suggestions in there other than to see a doctor.

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First Steps Through Insomnia | Dr Simon Atkins

If so, First Steps through Insomnia is for you. Written by a GP with years of experience in helping his patients with all kinds of sleep-related conditions, this practical book will take you through the right steps toward a life of blissful, refreshing slumber.

First steps through insomnia eBook by Simon Atkins

The first step is to take the time to observe your behavior patterns. Many things you are doing in your daily routine probably lower the odds of getting a good night's sleep. The list on the following page will help you to identify these insomnia-producing behaviors.

SLEEP SELF-CARE - University Health Services

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