

A NEW HARBINGER SELF-HELP WORKBOOK

# the insomnia workbook

A step-by-step program including:

- Effective cognitive behavior techniques
- Up-to-date information on medication
- Tips for a sleep-friendly lifestyle
- Advice for maintaining your progress

A  
Comprehensive  
Guide to Getting  
the Sleep You  
Need

STEPHANIE A. SILBERMAN, PH.D., DABSM

Foreword by Charles M. Morin, Ph.D.

# The Insomnia Workbook

**Stephanie Silberman**



## **The Insomnia Workbook:**

*The Insomnia Workbook* Stephanie Silberman, 2009-06-01 In *The Insomnia Workbook* readers struggling with insomnia learn treatment techniques from cognitive behavioral therapy CBT to help them fall asleep be more productive during waking hours and improve their overall health

**The Insomnia Workbook** Stephanie Silberman, 2009-06 In *The Insomnia Workbook* readers struggling with insomnia learn treatment techniques from cognitive behavioral therapy CBT to help them fall asleep be more productive during waking hours and improve their overall health

**The Insomnia Workbook for Teens** Michael A. Tompkins, Monique A. Thompson, 2018-09-24 Sleep is food for the brain especially for teens Based on the most current sleep science and evidence based cognitive and behavioral interventions to improve sleep *The Insomnia Workbook for Teens* helps teens change their sleep habits so that they can feel more alert and ready to face life's challenges If you're like many other teens you probably aren't getting enough sleep And is it any wonder Between early school start times social media electronic devices extracurricular activities and late night homework teens are at the highest risk of any age group for sleep deprivation And in the long run insomnia can lead to a host of health and mental health issues including diabetes and depression So how can you cultivate a healthy sleep routine so you can be your best *The Insomnia Workbook for Teens* offers proven effective tips and strategies to help you get to sleep and stay asleep You'll learn about the different reasons you may experience insomnia target your own sleep disrupters like caffeine and sugar and discover skills for managing these disrupters so you can stop feeling drowsy and grumpy every day It's hard being a teen in today's fast-paced world And it's even harder to reach your goals when you're feeling tired and run down Based on up to the minute science this workbook will give you real solutions for overcoming insomnia and getting those much needed zzzs

[The Insomnia Workbook for Teens](#) Michael A. Tompkins ABPP, Monique A. Thompson PsyD, 2018-09-24

**INSOMNIA WORKBOOK FOR TEENS** MICHAEL A. THOMPSON AND MONIQUE A. THOMPSON, 2020

**Knockout Insomnia - Unlock Endless Sleep** B.G. Nielsen, 2023-12-07 End Sleepless Nights Begin your journey with the transformative *Knockout Insomnia Unlock Endless Sleep* a premier 5 week *Insomnia Workbook* designed for restful slumber Discover Sleep Science Unlock the power of the *Insomnia Workbook* and unearth the secrets of CBT I Cognitive Behavioral Therapy for Insomnia Enlighten and Empower Arm yourself with the *Insomnia Workbook* a tool that demystifies the sleep process and puts you in control Transformative Rest Within this *Insomnia Workbook* you'll find strategies to Fall Asleep Quickly Master techniques that guide your mind toward peaceful sleep Deep Healing Sleep Implement habits that enhance the restorative quality of your rest Consistent Sleep Patterns Develop routines that ensure a full night's sleep every night with the *Insomnia Workbook* Start Now Embrace *Knockout Insomnia Unlock Endless Sleep* and gain access to Targeted worksheets and exercises from the *Insomnia Workbook for immediate application* Step by step CBT I methods detailed in the *Insomnia Workbook* for lasting change A selection of relaxing soundscapes to complement your *Insomnia Workbook* routine and create the perfect sleep environment

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*The Post-Traumatic Insomnia Workbook* Karin Thompson, C. Laurel Franklin, 2010-09-02 Difficult and traumatic life experiences affect our lives in unexpected ways and can even change the way we sleep In fact up to 75 percent of all people who have experienced abuse violence or traumatic incidents have sleeping problems after these events even after all other trauma related symptoms have diminished If you've experienced these problems for yourself The Post Traumatic Insomnia Workbook is for you This workbook is based in cognitive behavioral therapy a powerful approach that has been proven to be more effective over the long run than sleeping pills Included are easy tips and techniques you can start doing right away to help you sleep better You'll learn a variety of relaxation and sleep scheduling skills that will help you put an end to broken sleep the need to stay on high alert throughout the night and sleep sabotaging habits you may have developed Why spend another night lying awake Find the root cause of your restless nights and rediscover peaceful sleep This workbook will help you Understand what's keeping you awake at night De-stress your bedroom and create a safe space for sleep Learn powerful relaxation techniques for calming your body and mind before bed Cope with trauma related nightmares

**The 4-Week Insomnia Workbook** Sara Dittoe Barrett PhD, 2019-06-25 Put insomnia to bed in just 4 weeks If you're reading this you've probably figured out that counting sheep doing a headstand or wearing socks won't get you to sleep Good news addressing the root causes of your insomnia can This book will get you from stressed to sleep in just four weeks with a range of proven drug free strategies With The 4 Week Insomnia Workbook as your guide you'll learn the latest CBT I Cognitive Behavioral Therapy for Insomnia and mindfulness practices to get to the bottom of your sleepless nights Throughout this program you'll tackle the thoughts and feelings that keep you up at night and establish a sleep hygiene routine that works for you The 4 Week Insomnia Workbook includes The science of sleep Learn everything you need to know about insomnia including the primary types and common causes A 4 week program Start with a personal assessment and progressively build habits for better sleep week after week By the time you finish this workbook you'll have a sleep hygiene routine that works for you Proven strategies Try stimulus control therapy designate a specific worry time meditate and much more this book is filled with CBT I mindfulness and lifestyle techniques to give you the drug free rest you want and need Understand the underlying causes of insomnia and overcome them with The 4 Week Insomnia Workbook

[The Mindfulness Workbook for Addiction](#) Rebecca E. Williams, Julie S. Kraft, 2012-08-01 Most addictive behavior is rooted in some type of loss be it the death of a loved one coming to terms with limitations set by chronic health problems or the end of a relationship By turning to drugs and alcohol people who have suffered a loss can numb their grief In the process they postpone their healing and can drive themselves further into addiction The Mindfulness Workbook for Addiction offers readers an effective program for working through their addiction

and grief with cognitive behavior therapy CBT dialectical behavior therapy DBT and acceptance and commitment therapy ACT Created by a psychologist who works for the Department of Veterans Affairs and a marriage and family therapist who works for Sharp Mesa Vista Hospital this mindfulness training workbook is effective for treating the emotion dysregulation stress depression and grief that lie at the heart of addiction No matter the loss the mindfulness skills in this workbook help readers process their grief determine the function their addiction is serving and replace the addiction with healthy coping behaviors

**The Sleep Workbook** Renata Alexandre, 2025-06-17 Conquer anxiety induced insomnia with your mind a workbook for rethinking sleep If you are among the 13 of adults in the United States dealing with the vicious cycle of chronic sleep disruption you can put your worries to bed The Sleep Workbook uses the scientifically proven Cognitive Behavioral Therapy for Insomnia CBT I to change your thinking improve your life and help you get a good night's rest By following easy to understand and easy to follow steps you can reduce anxiety change detrimental sleep habits and sleep more easily CBT I can help you make measurable positive changes boost your confidence and have more energy to do the things that matter Before turning to options like sleeping pills take the time to understand your insomnia and change the things you have full control over your thoughts and behavior The Sleep Workbook contains Personal experience Use self assessments journal prompts and self reflective questions to fully grasp your underlying issues Success rate About 80% of people who complete CBT I show long term sleep improvement A stronger you As you learn to combat anxiety and other types of mood disorders you'll likely increase your self confidence because you were able to help yourself No more counting sheep for you Break the sleepless nights and start your days refreshed

**The Mindfulness Workbook for Teen Self-Harm** Gina M. Biegel, Stacie Cooper, 2019-09-01 Mindfulness creates space for teens to stop and reflect before engaging in impulsive reactions such as self harm In The Self Harm Workbook for Teens mindfulness expert Gina Biegel offers teen readers powerful skills to help them identify negative self harming thoughts and manage these thoughts in healthy ways instead of resorting to cutting and other dangerous behaviors

**Overcoming Insomnia** Jack D. Edinger, Colleen E. Carney, 2014-09-26 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 thoroughly updated by the program developers Jack D. Edinger and Colleen E. Carney Patients use the Workbook in conjunction with the treatment they receive from their therapist Patients will receive information about healthy sleep and the reasons for improving sleep habits and the therapist will develop a program to address that patient's specific sleep problems Use of a sleep diary assessment forms and other homework all provided in the Workbook allows patient and therapist to work together to develop an effective sleep

regimen tailored specifically for each patient      **The Chronic Pain and Illness Workbook for Teens** Rachel Zoffness,2019-08-01 Help teens turn the volume down on chronic pain In this much needed addition to the popular Instant Help Books workbook series pediatric pain specialist Rachel Zoffness offers evidence based cognitive behavioral and mindfulness based strategies to help teens cope with chronic pain and illness Teen readers will gain an understanding of how pain affects both the body and mind and learn proven effective strategies for taking control of their pain so they can get back to living their lives      **The Assertiveness Workbook** Randy J. Paterson,2022-09-01 Stand up and be heard With more than 100 000 copies sold this fully revised and updated self help classic by psychologist Randy J Paterson author of How to Be Miserable will help you get started today Do you feel uncomfortable in situations where you disagree with others Do you struggle to express your opinions or assert your boundaries If you ve ever felt paralyzed by confrontation or have bitten your tongue rather than offer an opposing point of view you know that a lack of assertiveness can leave you feeling marginalized and powerless Assertiveness is a critical skill that not only influences your professional success but also your personal happiness So how can you make sure your voice is heard The Assertiveness Workbook contains powerfully effective skills grounded in cognitive behavioral therapy CBT to help you communicate more effectively improve social interactions and express yourself with confidence and clarity You ll learn how to set and maintain personal boundaries while staying connected and discover ways to be more genuine and open in your relationships Finally you ll learn to defend yourself calmly if you re unfairly criticized or asked to submit to unreasonable requests Fully revised and updated this new edition includes information on the impact of social media mini dialogs to help you navigate tricky social interactions and skills to shift your behaviors to be more assertive so you can improve your communication skills and your life      **The Mindfulness and Acceptance Workbook for Teen Anxiety** Sheri L. Turrell,Christopher McCurry,Mary Bell,2018-10-01 Move past anxiety and discover what really matters to you Written by three experts in teen mental health this powerful workbook offers evidence based activities grounded in acceptance and commitment therapy ACT to help you cope with anxiety build resilience stop avoiding the things you fear and lead a fuller happier life Anxiety is what we feel when we re scared about some future event that may or may not happen When you re struggling with anxiety your mind is trying to protect you from danger so it s busy telling you about all the things you can t do Along with these thoughts come a host of feelings and bodily sensations such as sweaty palms restlessness lightheadedness and stomach aches But it s not the anxious thoughts that make anxiety a problem It s the actions we take or don t take as a result of these thoughts In The Mindfulness and Acceptance Workbook for Teen Anxiety you ll find helpful alternatives to the ineffective strategies and habits you re currently using to deal with anxiety such as avoidance You ll find basic information about anxiety to help you recognize what it looks and feels like mindfulness tips to help you stay in the moment when you feel worried about the future and tips to help you connect with your own values so you can start putting the important things in life first      *The Adolescent Psychotherapy Treatment*

*Planner* Arthur E. Jongsma, Jr., L. Mark Peterson, William P. McInnis, Timothy J. Bruce, 2023-09-06 Quickly and efficiently create treatment plans for adolescents in a variety of treatment environments The newly revised sixth edition of the Adolescent Psychotherapy Treatment Planner delivers an essential resource for mental health practitioners seeking to create effective high quality treatment plans that satisfy the needs of most third party payers and state and federal review agencies This book clarifies simplifies and accelerates the treatment planning process for adolescents so you can spend less time on paperwork and more time treating your clients This latest edition includes comprehensive and up to date revisions on treating the victims and perpetrators of bullying and aggression gender dysphoria loneliness opioid use and sleep disorders It includes new evidence based objectives and interventions as well as an expanded and updated professional references appendix You ll also find A new appendix presenting location and availability information in an alphabetical index of objective assessment instruments and structured clinical interviews A consistent focus throughout the book on evidence based practices and treatments consistent with practice guideline recommendations Ranges of treatment options consistent with the best available research and those reflecting common clinical practices of experienced clinicians An essential treatment planning handbook for clinicians treating adolescents in a variety of settings the sixth edition of the Adolescent Psychotherapy Treatment Planner is the key to quickly and efficiently creating individually tailored evidence based and effective treatment plans for adolescent clients **The Anger Workbook for Teens** Raychelle Cassada

Lohmann, 2019-05-01 It s hard being a teen in today s world and many teens struggle with anger as a result But what if we could teach teens to interact with their anger in a positive way Fully revised and updated based on reader feedback this timely second edition of The Anger Workbook for Teens includes activities based in empirically supported treatments to promote psychological flexibility giving teens the skills they need to understand and interact with their anger rather than simply attempting to control it **The Mindful Path through Worry and Rumination** Sameet Kumar, 2010-01-02 Do you find yourself ruminating about things you can t control Worrying about those yet to complete goals and projects What about just feeling like you re not the person you want to be People who worry and ruminate find it difficult to stop anxiously anticipating future events and regretting or rethinking past actions Left unchecked this tendency can lead to mental health problems such as depression and generalized anxiety disorder The Mindful Path Through Worry and Rumination offers powerful mindfulness strategies derived from Buddhist spiritual practices and proven psychological techniques to help you stop overthinking what you can t control the future and the past and learn how to find contentment in the present moment Kumar integrates science Buddhism and therapeutic tools to create an insightful and useful guidebook for people stuck in rumination Susan Nolen Hoeksema Ph D professor of psychology at Yale University **The Anxiety and Phobia Workbook** Edmund J. Bourne, 2011-01-02 Relieve Your Anxiety and Start Living Without Fear The Anxiety and Phobia Workbook has already helped over one million readers make a full and lasting recovery from generalized anxiety disorder social anxiety

specific phobias panic attacks obsessive compulsive disorder and other anxiety related issues Packed with the most effective skills for assessing and treating anxiety this workbook can be used alone or as a supplement to therapy to help you develop a full arsenal of skills for quieting worried thoughts and putting yourself back in control This new edition has been thoroughly updated with the latest anxiety research and medications and also includes new therapeutic techniques that have been proven effective for the treatment of anxiety and anxiety related conditions Each worksheet in this book will help you learn the skills you need to manage your anxiety and start living more freely than you ever thought possible With this workbook you ll learn a range of proven methods for overcoming anxiety Relaxation and breathing techniques Challenging negative self talk and mistaken beliefs Imagery and real life desensitization Making lifestyle nutrition and exercise changes Acceptance and commitment therapy Skills for preventing and coping with panic attacks

**The Complete Adult Psychotherapy Treatment Planner** David J. Berghuis, L. Mark Peterson, Timothy J. Bruce, 2014-01-28 A time saving resource fully revised to meet the changing needs of mental health professionals The Complete Adult Psychotherapy Treatment Planner Fifth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions including anger control problems low self esteem phobias and social anxiety Organized around 43 behaviorally based presenting problems including depression intimate relationship conflicts chronic pain anxiety substance use borderline personality and more Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem or DSM 5 diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA

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