



## Say Good Night to Insomnia: The Six-Week, Drug-Free Program Developed At Harvard Medical School

By Gregg D. Jacobs



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**The bestselling guide to curing insomnia without drugs by "a pioneer" of the field, now updated with the latest research (*The Wall Street Journal*)**

For the past ten years, sleep-deprived Americans have found natural, drug-free relief from insomnia with the help of Dr. Gregg D. Jacobs's *Say Good Night to Insomnia*.

Jacobs's program, developed and tested at Harvard Medical School and based on cognitive behavioral therapy, has been shown to improve sleep long-term in 80 percent of patients, making it the gold standard for treatment. He provides techniques for eliminating sleeping pills; establishing sleep-promoting behaviors and lifestyle practices; and improving relaxation, reducing stress, and changing negative thoughts about sleep.

In this updated edition, Jacobs surveys the limitations and dangers of the new generation of sleeping pills, dispels misleading and confusing claims about sleep and health, and shares cutting-edge research on insomnia that proves his approach is more effective than sleeping pills.

*Say Good Night to Insomnia* is the definitive guide to overcoming insomnia without drugs for the thousands of Americans who are looking for a healthy night's rest.

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### Editorial Review

From Library Journal

First-time authors Jacobs and Wiedman bring two complementary and responsible viewpoints to the topic of insomnia. Both have suffered from insomnia, write extensively about the ineffectiveness and sometime harmful consequences of sleeping pills, and suggest starting treatment by keeping a sleep diary. Jacobs, a professor at Harvard Medical School and founder of the Behavioral Medicine Insomnia Program, promotes a drug-free program of healthy sleep patterns based on biofeedback, relaxation, positive thinking, and good sleep habits. Wiedman, a mortgage broker by trade, suggests a very simple three-step plan. While the two books offer similar information, Jacobs's scholarly manner will satisfy those looking for an authoritative answer, while Wiedman's more informal approach will appeal to readers seeking something more personal; Wiedman also includes an excellent annotated list of Internet resources. Both titles are highly recommended for growing consumer health collections, but librarians should be aware that other recent works on this topic by Theresa DiGeronimo, Jodi Mindell, and Gary Zammit (LJ 6/1/97) may already be on the shelves. Kelly Hensley, East Tennessee State Univ. Lib., Johnson City  
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### Review

"The breakthrough program with the scientifically proven power to help you sleep again." --Joan Borysenko, author of *Minding the Body, Ming the Mind*

### About the Author

**Gregg D. Jacobs, Ph. D.**, is an insomnia specialist at the Sleep Disorders Center at the University of Massachusetts Medical School. As a senior scientist at Harvard's Mind/Body Medical Institute and an assistant professor of psychiatry at Harvard Medical School, he spent almost twenty years treating and researching insomnia.

### Users Review

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### **Stephanie Dillard:**

Is it a person who having spare time after that spend it whole day simply by watching television programs or just telling lies on the bed? Do you need something totally new? This Say Good Night to Insomnia: The Six-Week, Drug-Free Program Developed At Harvard Medical School can be the respond to, oh how comes? It's a book you know. You are therefore out of date, spending your extra time by reading in this fresh era is common not a nerd activity. So what these ebooks have than the others?

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