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[Review of] Overcoming Insomnia: A Medical Program for Problem Sleepers

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Overcoming Insomnia: A Medical Program for Problem Sleepers.


This book does what a good self-help guide should do: it provides a method of self-analysis and describes the variety of sleep disorders along with their causes and treatment (both self-administered and professional). Background information on sleep research and an analysis of sleep medications, as well as a bibliography of recent popular and scholarly publications, completes a thorough, current overview of the topic. But other titles provide the same material, notably Bernard Dryer's and Ellen S. Kaplan's Inside Insomnia (LJ 9/15/86) and Quentin R. Regestein's Sound Sleep (LJ 9/15/80). All three writers have psychiatric experience and provide essentially the same advice. Add Sweeney to your collection for a good additional title or if you don't have those of Dryer or Regestein.—Robert Aken, Univ. of Kentucky Libs., Lexington