

BOOK LIST
for Anxiety, Depression & related Disorders

Compiled by ADAVIC, 2005. www.adavic.org



Contents

Page No.

2. Sleep Disorders

For a complete booklist with all categories, please see the resources page at the ADAVIC website:

http://www.adavic.org/resources/booklist_complete.pdf

SLEEP DISORDERS

The Good Sleep Guide: 10 Steps to Better Sleep and How to Break the Worry Cycle
By Dr. Timothy J. Sharp (PhD)

(2003). Paperback, 270 pages.

The Good Sleep Guide discusses the nature of sleep problems and in ten easy-to-follow chapters, helps the reader to discover how to finally achieve a good night's sleep. Particular attention is paid to conquering the worry and racing thoughts that are all too familiar to so many busy and highly stressed people.

Topics discussed include the importance of sleep, the role of diet, medication, caffeine and alcohol, time management, relaxation techniques and how to establish a sleep routine. Issues such as jetlag, shift work and dealing with the loss of sleep after the birth of a baby are also covered. Case studies, sprinkled throughout the chapters, give striking examples of common situations faced by the wakeful and sleepless.

How To Sleep Easy: the latest non-drug treatments for sleep disturbances
Dr Leon Lack, Dr Helen Wright, & Dr Helen Bearpark.

Released as a volume from the Australian Woman's Weekly Health Series, in association with DepressioNet. Available from:

(http://www.depressionet.com.au/books/depression/sleep_easy.html)

One person in three suffers from insomnia, and for about half of these people it is a major problem in life. One of the keys to successful treatment is to identify the causes of your insomnia. In this book you will find information that helps you do that, and many scientifically proven techniques to help you improve your sleep.

No More Sleepless Nights

By Hauri, P., Dr., & Linde

(1996). Hardcover, 304 pages.

A proven program to conquer insomnia.

Dr. Peter Hauri has spent his entire professional career in the scientific study of sleep disorders, and is probably the world's leading authority on insomnia. This book tells you everything you ever wanted to know about sleep - or lack of it. The program, based on the one used at the Mayo Clinic Sleep Disorders Centre, consists of many different recommendations and approaches. The strength of the program lies in the fact that you are given a scientific method by which you can evaluate what will and what will not, help in your own case. What you end up with is a highly personalised treatment program that you have in essence devised for yourself.

Power Sleep: The Revolutionary Program That Prepares Your Mind for Peak Performance

By Maas, J.B., Wherry, M.L., Axelrod, D.J., Hogan, B.R., & Bloomin, J.
(1999). Paperback, 320 pages.

Snoring and Sleep Apnea: Sleep Well, Feel Better

By Pascualy, R.A. (MD), & Soest, S.W.
(2000). Paperback, 272 pages.

67 Ways to Good Sleep: A People's Medical Society Book

By Inlander, C.B., & Moran, C.K.
(1996; reprint edition). Paperback.

Midwest Book Review:

Insomnia and sleep disorders plague a variety of individuals: this provides a collection of proven advice on getting to sleep and staying there; from avoiding foods which are too stimulating to obtaining counselling for depression and other mental conditions.

Concise Guide to Evaluation and Management of Sleep Disorders, Third Edition

By Reite, M., Ruddy, J., & Nagel, K.
(2002). Paperback, 293 pages.

Review by *British Journal of Psychiatry*

This concise guide is packed with information. It contains all the average physician needs to know about sleep disorders

100 Questions About Sleep and Sleep Disorders

By Sudhansu, Md. Chokroverty
(2001). Paperback, 110 pages.

This text answers common questions in easy and clear language. It discusses: What is snoring? What causes insomnia? How is sleep affected by health problems? What is sleep apnea? Which medications cause excessive sleepiness or sleeplessness? And what are the best treatments for restless leg.