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Anne M. Lipton, Cindy D. Marshall



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and even personality types but there is no single pill or therapy to reverse it Sleep cannot be forced ultimately it must come to you While insomnia treatments can set the stage the best thing a person can do to ready themselves for sleep is to get sleepy This practical easy to follow guide written by two founding experts in behavioral sleep medicine will help you achieve one of the most important parts of staying healthy a good night s rest Taking into account the particular challenges that stand in your way to better sleep Glovinsky and Spielman Discuss changes you can make to your daily routines to induce sleepiness Walk you through applying standard cognitive behavioral treatments Introduce new promising interventions for managing anxiety depression an out of sync biological clock dependence on medication and more True sleepiness is the only reliable portal to sleep You Are Getting Sleepy will guide you there Praise for The Insomnia Answer The book to pull under the covers whether you re fighting temporary insomnia or a long term sleep disorder Health magazine For insomniacs who don t want a cosmetic solution this guide digs deeper and is likely to get better more permanent results Kirkus Reviews

Sleepiness and Human Impact Assessment Sergio Garbarino,Lino Nobili,Giovanni Costa,2014-04-08 The World Health Organization supports tools and initiatives in Health Impact Assessment to dynamically improve health and well being across different sectors Human Impact Assessment HuIA is a relatively new concept It describes an integrated process that encompasses both Health Impact Assessment and Social Impact Assessment and is used to anticipate the effects of programs projects and decisions on human health and welfare Sleep occupies approximately one third of our lives but its human impact remains largely unrecognized The prevalence of excessive sleepiness is recognized to be increasing in industrialized societies Without doubt sleepiness and fatigue have high costs in terms of both lives lost and socioeconomic impact For example the National Highway Traffic Safety Administration estimates that up to 4% of all fatal crashes are caused by drowsy drivers and that as many as 100 000 deaths per year in the United States may be due to fatigue related medical errors Sleepiness and Human Impact Assessment provides a uniquely comprehensive exploration of many different facets of sleepiness in our 24 hour society from the new HuIA point of view Among the covered issues are the physiology and pathophysiology of sleep its relationship to daytime alertness fatigue and drugs the relevance of sleep related fatigue in various occupational settings and public safety This book will be of assistance to physicians occupational health professionals ergonomists researchers and decision makers as they strive to understand the full significance of sleepiness and to create a culture of accountability in everyday life without sleep related risks

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