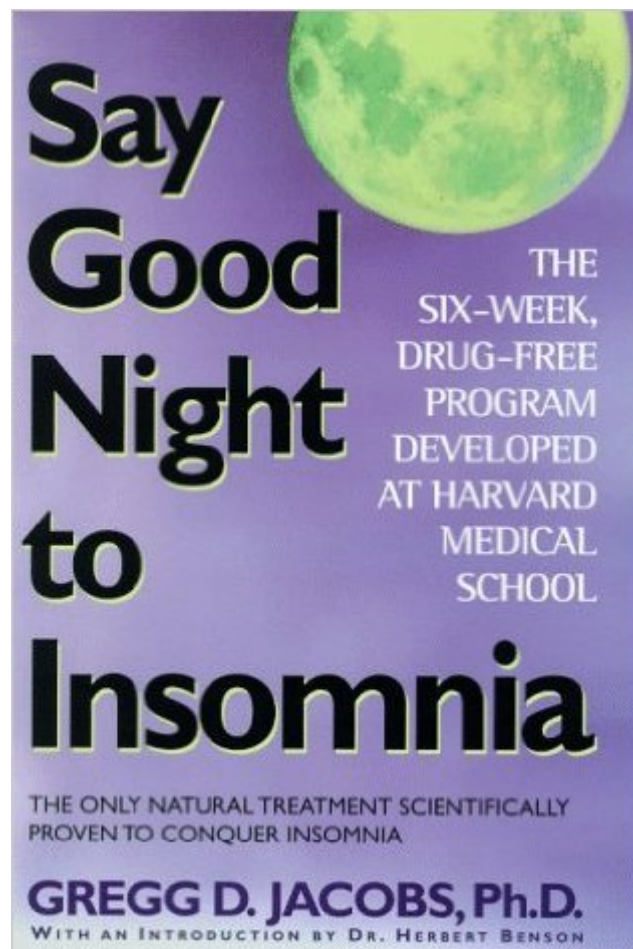


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# Say Good Night To Insomnia: The Six-Week, Drug-Free Program Developed At Harvard Medical School



## Synopsis

Imagine an insomnia treatment that improves sleep in 100 percent of insomniacs, helps 75 percent of insomniacs become normal sleepers, and allows 90 percent of insomniacs to reduce or eliminate their use of sleeping pills. This treatment is safe, natural, and has no side effects except improved mood, higher energy, increased mind/body control, and better health. No, this is not a new miracle drug. It is Dr. Gregg Jacobs's drug-free program described in *Say Good Night to Insomnia*. At Harvard Medical School's Beth Israel Deaconess Medical Center, Dr. Jacobs has tested and developed a six-week, drug-free program that conquers insomnia in a large majority of patients. The first clinician to offer proof that insomnia can be overcome without drugs, Dr. Jacobs's program provides techniques for:

- Eliminating sleeping pills
- Establishing sleep-promoting habits and lifestyle practices
- Changing negative, stressful thoughts about sleep
- Implementing relaxation and stress-reduction techniques
- Enhancing peace of mind and reducing negative emotions

--This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

I bought this book based on a recommendation from a February 22, 2005 article on Slate by Amanda Schaffer. If it wasn't for this recommendation, I'm not sure I would have kept reading after the first chapter. The book is full of exclamation points, oversimplification and glib promises. Very "self help"y. So why 5 stars? Because I have slept deeply all night every night since I read the book. I was coming off the worst bout of insomnia of my life...several weeks at 3 hours or less per night. I planned to start the first week of the program, a sleep diary, the next night I slept badly. It hasn't

happened. For me, just having read the program and realizing the simple changes I could make seems to have done the trick. And if my sleep problems resume, I feel confident that pursuing the six week program faithfully would solve the problem. The author is condescending, overly perky, and seems to be writing for an IQ level of about 87. But if you have a serious insomnia problem, I recommend you get past the style and try out the substance. I'd read a lot more annoying books if I knew I'd sleep well afterward.

I took this book back. A book that spends as much time as this one telling you how good it (and the author) is turns me off. It presents research findings as though they are rumors, with no mention of the source. There's not even an index to look up topics. There are very much better books on this topic. The factually best is by William Dement -- the founder of the field of sleep medicine ("The Promise of Sleep"). A more accessible one is by Hairi & Linde, "No More Sleepless Nights."

I cannot praise this book enough for what it has done for me. My insomnia affected me so deeply I became depressed and truly believed I was going to die. I was using a LOT of sleeping pills to little effect and I was afraid that they would lead to more severe problems down the road. So I scoured the internet for another cure and found, "Say Good-night to Insomnia". I'm extremely skeptical about everything, and when this book said that my it could change my negative thoughts into positive ones and help me sleep better, I didn't believe it. But I had absolutely NOTHING to lose and, out of desperation, I decided to give it a try. I followed this book religiously (ignoring the ridiculous and useless anecdotes) and my sleep started to improve almost instantly. Before using this book I slept about two hours every night with a couple of nights of absolutely NO sleep what-so-ever thrown in here and there. After a couple of days of using this book I found falling asleep easier (I'd fall asleep within one and a half to two hours), but I was still waking up several times throughout the night and found it difficult to fall back asleep. And I still had some nights of sleeplessness, but I was extremely excited about the small improvement. Over the next couple of weeks falling asleep became easier and easier and I'd only have a couple of nights of insomnia during the week. But during the nights when I did get sleep my "wake-ups" became shorter and I found it easier to fall back asleep (usually within 20 to 30 minutes). During the next month and a half the "wake-ups" themselves started to slowly subside. I'd wake up around five times a night in the beginning, then a few days later only four, and another few days later only three. After about two months of using this book I was down to one wake-up per night. I would still have about a night or two of insomnia during the week, but not only had my sleep improved dramatically it was continuing to improve. It has now been four months

since I started using this book and I've slept soundly every night for the past five weeks (except for three days of insomnia about a week ago). I now only wake up briefly (for 5 to 10 minutes) once or twice a night. And sometimes I don't wake up at all during the night. This book literally save my life. If you have insomnia GET THIS BOOK!!! It absolutely works!

This book has been immensely helpful for me and my understanding of why I have always had so much trouble with sleep. Dr. Jacobs sets the record straight on a number of sleep myths but can be repetitive when he is trying to make a point. For example, he drones on for 16 pages about how sleeping pills will do more harm than good. This may be an effort to extend the length of this book. Instead of providing us with a 200 page verbose browbeating the author would have better served us with a concise text that could have easily been less than 100 pages. And also, when he is trying to prove a point, Dr. Jacobs will cite some vague statistic. When trying to prove the effectiveness of his "Relaxation Response," or "RR" for short, the author says, "Dozens of scientific studies have proven that the RR is an effective treatment for insomnia," and that is it. If he's not going to be specific, why bother mentioning it at all. As for the "6-week solution" this book provides, it seems to have been added as an afterthought. The 6 week program consists of keeping a sleep diary for 6 weeks. That's it. The point, of course, is to try to find a connection between what you did to help yourself sleep and how much you slept, but don't buy this book looking for a miracle 6 week cure. In the end I still recommend this book to anyone with sleep trouble. There are some incredibly useful things in this book that make trudging through it worthwhile.

I bought this book out of desperation. It seems that one day I suddenly lost ability to fall asleep. After several weeks spent virtually without sleep, I went to a doctor and got sleep medication, which worked well. However, I was unable to sleep without it and my husband and I wanted to have a second baby. Thus, I knew I would have to get off the medication; but when I tried to sleep without the pill, I couldn't fall asleep. Thank you to all the readers who have recommended this book and helped me choose the right one! As a result of following Dr. Jacobs' advice, I no longer need any medications and have no sleep-related problems. This was a great investment! This book can be helpful to anyone who would like to improve quality (or quantity) of his or her sleep.

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