



# Insomnia and Anxiety (Series in Anxiety and Related Disorders)

*Colleen E. Carney, Jack D. Edinger*

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The statistics show that as much as twenty percent of the population suffers from chronic insomnia?and one-fourth of those with the condition eventually develop an anxiety disorder. As comorbid conditions, they contribute to any number of physical and social problems. Yet too often insomnia is undiagnosed, or treated as merely a symptom of the patient's anxiety.

*Insomnia and Anxiety* is the first clinician guidebook that considers the evaluation and management of insomnia and related sleep disturbances that occur conjointly with the common anxiety disorders. By exploring the ways that one condition may exacerbate the other, its authors present robust evidence of the limitations of viewing insomnia as secondary to GAD, agoraphobia, PTSD, and others in the anxiety spectrum. The book reviews cognitive and emotional factors common to anxiety and sleep disorders, and models a cognitive-behavioral approach to therapy in which improved sleep is a foundation for improved symptom management. Beginning and veteran practitioners alike will find vital insights into all areas of these challenging cases, including:

- Diagnostic and assessment guidelines.
- Cognitive-behavior therapy for insomnia.
- Behavioral strategies for managing insomnia in the context of anxiety.
- Cognitive strategies for managing comorbid anxiety and insomnia.
- Sleep-related cognitive processes.
- Pharmacological treatment considerations.

*Insomnia and Anxiety* is highly useful to clinical psychologists given the range of treatment strategies it describes and to researchers because of its emphasis on the theoretical and empirical bases for its interventions. In addition, its accessible style makes it an excellent training tool for students of therapy and psychopathology.

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**Mary Flynn:**

A lot of people always spent their own free time to vacation or even go to the outside with them family or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read a new book. It is really fun for you. If you enjoy the book that you just read you can spent 24 hours a day to reading a book. The book Insomnia and Anxiety (Series in Anxiety and Related Disorders) it is rather good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. When you did not have enough space to develop this book you can buy the particular e-book. You can m0ore easily to read this book from your smart phone. The price is not to cover but this book provides high quality.

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