

# Insomnia Reduction

In compiling these resources we have made an effort to identify readily available, low-cost, and quality resources. Although we cannot guarantee the quality of all of the following resources, especially ones that change frequently, this list can encourage you to consider various options of what could be helpful to you, and to start exploring sources of information, sources of support and ideas for coping.

## **a. Books**

- *Say Goodnight to Insomnia* by Gregg D. Jacobs, Ph.D. (2009)
- *The Effortless Sleep Method: The Incredible New Cure for Insomnia and Chronic Sleep Problems* by Sasha Stephens (Jan 31, 2011)
- *The Insomnia Workbook: A Comprehensive Guide to Getting the Sleep You Need* by Stephanie Silberman and Charles Morin (Jun 1, 2009)

## **b. Educational videos via Youtube**

- “Insomnia” from Sleep Compass <http://sleepcompass.com/videos/insomnia/>
- “Easy Tips to Improve your Sleep” on YouTube <http://www.youtube.com/watch?v=RaVYueh8LRg>
- “Insomnia: Tips for Improving Sleep” on YouTube <http://www.youtube.com/watch?v=TPRAYJlJps>
- National Sleep Foundation Video Library: <http://www.sleepfoundation.org/sleep-facts-information/video-library>

## **c. Websites**

- Mayo Clinic’s information on insomnia: <http://www.mayoclinic.com/health/insomnia/DS00187>
- National Sleep Foundation: <http://www.sleepfoundation.org/>
- HelpGuide.org on insomnia: [http://www.helpguide.org/life/insomnia\\_treatment.htm](http://www.helpguide.org/life/insomnia_treatment.htm)
- WebMD on Sleep Problems: <http://www.webmd.com/sleep-disorders/guide/sleep-disorders-symptoms-types>

## **d. DVDs**

- *Mayo Clinic Wellness Solutions for Insomnia*, edited by Brent Bauer, M.D., 83 minute DVD

## **e. CDs**

- *Sleep Through Insomnia: Meditations to quiet the mind & still the body* by KRS Edstrom, 2005
- *Health Journeys: A meditation to help you with healthful sleep* by Belleruth Naparstek, 2000 <http://www.isabellacatalog.com/p/Healthful-Sleep.cfm>
- *Sleep Solutions: The calming collection* by Roberta Shapiro, 2006

#### **f. Smartphone apps**

- Health Journeys “Sleep Help” app (\$5) with guided imagery and relaxing music by Belleruth Naparstek
- Sleep Cycle Monitoring Alarms: Sleep as Android (Urbanandriod) Track your sleep and wake up with nature sounds based on sleep cycle phases
- Sleep Bot Tracker (Sleepbot for Android) Sleep Tracker for iPhone
- White Noise and Sound Apps: RelaxMelodies (iPhone, free) and White Noise (Android \$2)

#### **g. Local support groups**

- Daily Strength Insomnia Support Group: <http://www.dailystrength.org/c/Insomnia/support-group>
- **Midwest Narcolepsy Support Group** 10:30 AM - 12:00 PM CST , at Evanston Hospital, 2650 Ridge Ave, Evanston, IL 60201-1718
- **Alert, Well and Keeping Energetic (AWAKE)** AWAKE is a mutual-help support group for patients with sleep apnea syndrome: several cities host groups, find a group near you or join virtual group at <http://www.sleepapnea.org/support/a.w.a.k.e.-network-map/us-support-groups/illinois.html>

#### **h. Live lecture or talk providers**

- *Ingalls Health System Classes:* These classes change all the time, but you can look for sleep related classes on their list at <http://ingalls.org/allClasses.aspx>
- *Provena Medical Center Classes:* These classes change all the time, but you can look for sleep related classes on their list at <http://www.provena.org/body.cfm?xyzpdqabc=0&id=290&action=list>

#### **i. Sliding-Scale Counseling in the Community**

- Free Counseling Help.com - Visit to find providers near you: <http://www.freecounselinghelp.com/>
- Many students enrolled at their colleges have access to counseling that may be free of charge. Inquire at your local college’s Counseling Services.

#### **j. Fee-for-Service Therapists**

- Hoover & Associates: visit [www.licensed-psychologists.com](http://www.licensed-psychologists.com) for more information and clinicians available
- Psychology Today Therapist Directory: [http://therapists.psychologytoday.com/rms/prof\\_search.php](http://therapists.psychologytoday.com/rms/prof_search.php)
- Good Therapy.org: <http://www.goodtherapy.org/>