

## Resources to Help with Sleep

### Books

Carney, C. E., & Mander, R. (2009) *Quiet your mind and get to sleep: Solutions for insomnia in those with depression, anxiety, or chronic pain*. New Harbinger.

Edinger, J. D., & Carney, C. E. (2008) *Overcoming insomnia: A cognitive-behavioural therapy approach workbook*. Oxford University Press.

Glovinsky, P., Spielman, A., & Spielman, A. (2006) *The insomnia answer: A personalized program for identifying and overcoming the three types of insomnia*. Penguin Books.

Hauri, P., & Linde, S. (1996) *No more sleepless nights: A proven program to conquer insomnia* (2<sup>nd</sup> ed.). Wiley.

Jacobs, G.D. (2009) *Say good night to insomnia*. New York: Henry Holt and Company.

Morin, C. M. (1996) *Relief from insomnia: Getting the sleep of your dreams*. Doubleday.

Silberman, S. A. (2008) *The insomnia workbook: A comprehensive guide to getting the sleep you need*. New Harbinger.

### Apps

- CBT-I Coach
- Mindshift
- Headspace
- Calm
- SHUTi
- Sleepio