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Coping with Sleep Issues

By Ester Leutenberg, John Liptak

Whole Person Associates, 2017. Spiral bound. Condition: New. Workbook. Language: English . Brand New Book. The Coping with Sleep Issues Workbook provides assessments and facilitator guided self-exploration activities to help those experiencing sleep problems learn useful ways to explore, find support, and cope effectively with sleep problems and disorders related to sleep. Many choices of self-exploration activities are provided for participants and you to determine which best suit their unique sleep related needs. Common Sleep Issues Common sleep problems include: Snoring, Working Shifts, Anxiety, Illness, Pain, Diet, Stress, Medications, Uncomfortable Surroundings. More severe disorders like Delayed Sleep Phase Disorder (DSPD), Insomnia, Narcolepsy, Nightmares, Restless Leg Syndrome (RLS), Periodic Limb Movement Disorder (PLMD), Sleep Apnea, Sleep Talking, Sleep Terror Disorder, and Sleepwalking, to name just a few. Each chapter of this workbook begins with an annotated Table of Contents with notes and examples for the facilitator. Each chapter contains two primary elements: a set of assessments to help participants gather information about themselves in a focused situation, a set of facilitator guided self-exploration activities to help participants process information and learn ways of coping with the sleep issues they are experiencing. The activities are divided into four chapters to help identify and select assessments...



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