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Welcome to the Program

Welcome to the *No More Sleepless Nights Workbook*. This is the perfect companion to the acclaimed best-seller *No More Sleepless Nights* by Peter Hauri and Shirley Linde. If you are searching for a program that will offer you specific solutions to your particular sleeping problem, this is it!

People learn in different ways. Some people like to learn by simply reading the material in a book. Others learn better with a more interactive, motivational approach. This workbook is created for the latter group. The material covered in the workbook is very similar to the material covered in *No More Sleepless Nights*, but the presentation is different. See for yourself how you learn better—by the book or by the workbook.

Here are some recommendations to get you started toward better sleep:

1. Read the book *No More Sleepless Nights*. It has been our experience that you can never have too much knowledge, and in this case knowledge is empowerment. If you don't have the time or the desire to read the book, then use it as a reference book.
2. Use the workbook as a step-by-step guide to help you eliminate your poor sleep. It shows you how to find the underlying causes of

your poor sleep and then shows you ways to tackle the causes. The workbook can be used alone or with *No More Sleepless Nights*.

3. Use a “Sleep Timer.” The newly patented Sleep Timer will be important as you do various checks on your sleep to record in the workbook. In the past, the amount of a person’s sleep was calculated mainly by best-guess estimates, and these estimates were often inaccurate. The Sleep Timer was developed to more accurately measure the time it takes to fall asleep. It was tested at the Mayo Clinic and proved to be very accurate. If you do not have one, you can order one from www.sleepplace.com, or call toll-free 888-475-3372. Otherwise, you should use your best estimates.

Poor sleep—*insomnia*—is a symptom, not a disease. If you experience insomnia, it is crucial that you find its underlying cause and then take action to eliminate this cause. The result will be that poor sleep disappears.

This program will help you do this for yourself.

Can’t Sleep? You Are Not Alone

When it comes to insomnia, few are treated, and even fewer are treated correctly. Despite what you may think, you are not alone. In the United States, more than 100 million people suffer from poor sleep. Poor sleep is not unusual. It does not have to be a catastrophe in your life, nor is it something for which you should feel shame. It is not a signal that you are a failure.

We would like to clarify the use of the word *insomnia*. Insomnia is the inability to get as much sleep as you need, even though you give yourself plenty of time to sleep. You don’t need to have been told by your doctor that you have insomnia or are an insomniac.

This unique and proven program is for all forms of insomnia. It is for anyone who is having trouble sleeping or who is dissatisfied with any aspect of his or her sleep.

This program is designed so that the person best equipped to solve your insomnia is in control, *you!* Insomnia can vary as much as the people who have it, and you know your insomnia best. We will give you all the information as well as the tools to improve your sleep.

Dr. Peter Hauri, who is considered by many to be the leading authority in the world on insomnia, developed this program. Dr. Hauri has spent 40 years studying and treating insomnia and has dedicated his entire professional life to helping people conquer insomnia. He has spent the past 12 years as director of the Insomnia Program at the Mayo Clinic in Rochester, Minnesota. Dr. Hauri has extensive research experience, but it is his years of clinical experience that give him a unique perspective on how to treat insomnia. Dr. Hauri has seen literally tens of thousands of patients. He knows all of the different ways insomnia manifests itself.

One of the unique features of this workbook program is that at www.sleepplace.com you may have an opportunity to discuss your insomnia with Dr. Hauri.

Working for Better Sleep

According to an old Chinese proverb, “Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.” It is the same with this program. We are going to teach you to conquer your own poor sleep now. But just as important, you will be equipped to be in control in the future should it return. It will take patience, persistence, and determination, but you will conquer your insomnia.

You may feel that you have tried everything, but you’ve never tried this program. Don’t be discouraged; with the proper attitude and knowledge you *can* learn to sleep better. You spend one third of your life sleeping. It is worth the effort to make that part of your life better.

About 90 percent of all poor sleepers can get considerable relief from self-treatment. You just need to know what to do. We are going to take you step by step through the process. The 10 percent of you who might not be helped by this program will still finish it with valuable information to assist your doctor with your healing.

As we mentioned earlier, most *insomnia is a symptom, not a disease*, and only when you discover and treat the underlying cause can the symptom of insomnia be eliminated. Sometimes this process is simple and sometimes it is complex. There is no one set of rules with insomnia, no absolutes.

Later in the program, we will talk about the many reasons why sleeping pills are not the answer to your sleep problem, not the least of which is that sleeping pills can make sleep problems worse. Insomnia is like pain. You can't just keep taking pills for the pain. You need to know what is causing the pain and then fix it.

This program will *empower* you to take control of your situation. You will no longer be a helpless victim of insomnia. You will learn about it, find out what is causing it, and put together an action plan to get rid of your poor sleep. You are in charge!

The bad news about poor sleep is that it affects virtually every aspect of your life. But you already know that. It can also negatively affect your immune system, lessening your resistance to sickness.

The good news is that the effects can be reversed fairly quickly. Your sleep debt can be made up.

As we said, insomnia is different from person to person. So it is important to use a program like this that offers a wide variety of solutions and offers you the opportunity to tailor the program to your specific needs. Another strength of the program is its simplicity and its reliability. You will attack your insomnia with one of the best methods known: the scientific method. In addition, for continuing support on the road to a better night's sleep, you will always be able to visit our web site at www.sleepplace.com.

Now it is time to take action.