



Sleep Resources

Books

- Say Goodnight to Insomnia by Gregg Jacobs, Ph.D.

Jacobs, G. D. (2011). Say goodnight to insomnia: the 6-week program proven more effective than sleeping pills. London: Rodale.

- The Well-Rested Woman by Janet Kinosian

Kinosian, J. (2002). The well-rested woman: 60 soothing suggestions for getting a good nights sleep. York Beach, Me.: Conari Press.

- The Insomnia Solution by Michael Krugman

Krugman, M. (2009). Insomnia Solution. Boston: Grand Central Publishing.

- Your Life is in Your Hands by Krishan Chopra, MD

Chopra, K. (1999). Your life is in your hands: the path to lasting health and happiness. New Delhi, India: Penguin Books India.

Websites

- National Institute of Health <http://www.nih.gov/>
- The Sleep Foundation <http://www.sleepfoundation.org/>
- The Mayo Clinic <http://www.mayoclinic.com/>

