Healthy Living Resources - Insomnia

In compiling the resources in this booklet, 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, PhD (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. Online Videos
   ● Understanding Sleep https://www.youtube.com/watch?v=kCbqtcP4X1c
   ● Easy Tips to Improve your Sleep http://www.youtube.com/watch?v=RaVYueh8LRg
   ● Insomnia: Tips on Improving Sleep http://www.youtube.com/watch?v=TPRAYJjlJps
   ● 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
   ● WebMD Sleep Disorders Health Center http://www.webmd.com/sleep-disorders/

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
   ● Sleep Solutions: The calming collection Roberta Shapiro, 2006

f. Smartphone Apps
   ● Relax and Sleep Well (by Diviniti Publishing Ltd, Glenn Harrold) [Android and iPhone]
   ● Sleep Cycle Alarm Clock (by Northcube AB) [iPhone]
   ● Sleep Sounds and SPA Music for Insomnia Relief (Red Hammer Software) [iPhone]
   ● SleepBot (by SleepBot) [iPhone]
   ● Relax Melodies: Sleep and Yoga (by Ipnos Software) [Android]
   ● Nature Sounds Relax and Sleep (by Zodinplex) [Android]

Prepared by Chu Hui Cha, M.S.Ed, Family Medicine Center, July 2015