



Say Good Night to Insomnia: The Six-Week, Drug-Free Program Developed At Harvard Medical School

Gregg D. Jacobs

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The bestselling guide to curing insomnia without drugs by "a pioneer" of the field, now updated with the latest research (*The Wall Street Journal*)

For the past ten years, sleep-deprived Americans have found natural, drug-free relief from insomnia with the help of Dr. Gregg D. Jacobs's *Say Good Night to Insomnia*.

Jacobs's program, developed and tested at Harvard Medical School and based on cognitive behavioral therapy, has been shown to improve sleep long-term in 80 percent of patients, making it the gold standard for treatment. He provides techniques for eliminating sleeping pills; establishing sleep-promoting behaviors and lifestyle practices; and improving relaxation, reducing stress, and changing negative thoughts about sleep.

In this updated edition, Jacobs surveys the limitations and dangers of the new generation of sleeping pills, dispels misleading and confusing claims about sleep and health, and shares cutting-edge research on insomnia that proves his approach is more effective than sleeping pills.

Say Good Night to Insomnia is the definitive guide to overcoming insomnia without drugs for the thousands of Americans who are looking for a healthy night's rest.

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