



# Insomnia Cures: Sleep Hygiene Practice Makes Permanent

*Barry Krakow M.D.*

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**Insomnia Cures: Sleep Hygiene Practice Makes Permanent** Barry Krakow M.D.

Insomnia Cures is an innovative, self-help book that combines simple sleep hygiene instructions with sophisticated cognitive-behavioral strategies for the treatment of insomnia. Organized in an interactive and user-friendly style, people with mild to severe insomnia will benefit from its clearly designed treatment strategies, and they will learn about new research linking insomnia to sleep breathing problems.

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