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Restful Insomnia: How to Get the Benefits of Sleep Even When You Can't

Sondra Kornblatt

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Insomnia has meant nights of frustration--until now. A new program, Restful Insomnia, helps insomniacs mimic the benefits of sleep so they can greet the mornings refreshed. If you are among the 70 million sleep-deprived Americans who do battle every night, take heart! This book will show you how to use your waking night hours to quiet your mind, replenish your creativity, and relax deeply. You'll come to accept your insomnia and discover how to derive enough of the benefits of sleep to be able to get up in the morning feeling refreshed.

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