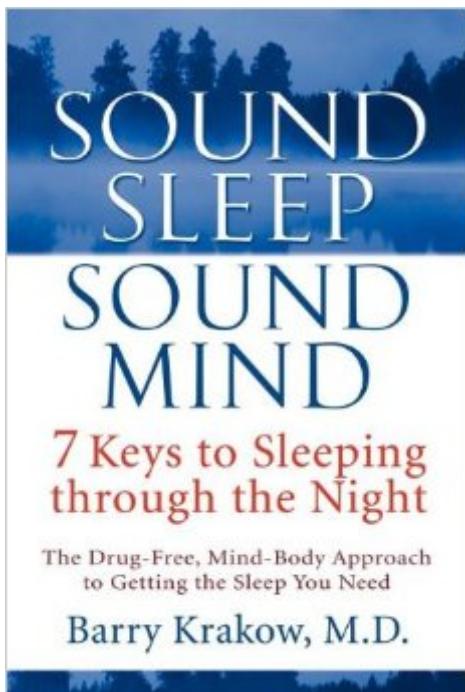


The book was found

# Sound Sleep, Sound Mind: 7 Keys To Sleeping Through The Night



## **Synopsis**

Sound Sleep, Sound Mind is the first book of its kind to focus on all the causes--mental, emotional, and physical--that contribute to insomnia and poor sleep. Based on cutting-edge knowledge and research, this book explains why sleep problems are almost always a mind and body issue. It then guides you through the seven steps of Sleep Dynamic Therapy to identify and treat the specific problems that are at the root of your sleeplessness. You'll discover that the Sleep Dynamic Therapy program not only improves your sleep quality, but also enhances many other aspects of your mental and physical well-being.Â Whether you currently take over-the-counter or prescription sleeping pills, suffer from chronic or occasional insomnia, or awaken without feeling refreshed and energized, Sound Sleep, Sound Mind will help you get the sleep you deserve.

## **Book Information**

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## **Customer Reviews**

This masterful book is scholarly, practical, and caring. Among the many practical ideas given for sound sleep, I will mention three that I found especially helpful. First, the very obvious suggestion to get up during the night to read or do something else enjoyable when one cannot sleep. Now instead of lying there and telling myself that I can't afford the time to get up because I need my sleep, I get up and find myself much more rested the next day for having done so. The idea of wearing a retainer of some kind to help relax the jaw and to prevent gnashing teeth is very helpful. And the knowledge that there are Positive Air Pressure masks available for those who have breathing problems is invaluable. Dr. Krakow devoted chapters to feelings and their relationship to sleep. What I especially found beneficial is the idea of pausing a moment to acknowledge my feelings to myself as I go through the day, not trying to analyze or judge them, but to simply acknowledge them, since feelings

that have been allowed to build can make for sleepless nights. And what I found most helpful is this: that when I cannot sleep because of racing thoughts and racing feelings, there is a technique called Imaging, such as picturing a peaceful moment from childhood or a beautiful nature scene and holding that in mind. It calms the thoughts and feelings and can give the peaceful feeling of sleep. I highly recommend this book.

I met Dr. Krakow several years ago when I self-referred myself to his practice after seeking to find someone to help me with my sleep disorder. One of the first things Dr. Krakow pointed out to me was concerning sleep hygiene. Learning how to write things down on a pad of paper sometime early in the evening before bedtime and leave them there, or not watching the clock or time monitoring at night are two examples in Dr. Krakow's book, "Sound Sleep, Sound Mind" that have proven to be nuggets of truth that have helped me with my sleep disorder. These and other recommendations like them were very helpful to me. Learning to sense feelings and not ignore them is another very important aspect of good sleep hygiene I have learned from Dr. Krakow's book. I think this is the most important aspect of learning about sleep issues for me. It was good to be reminded, "human emotion is to protect you to insure your survival, safety and security." It was also very important to learn that there is also a physical component to a sleep disorder. It's hard to summarize all the things I have incorporated into my life after reading this book. I think the consciousness-raising aspect of the books is what strikes me as the most important thing about it. Relearning some things and incorporating them to improve my quality of sleep, becoming more in touch with my emotions and not over thinking things has been very helpful to me in my search for good quality sleep. Thank you, Dr. Krakow, for your caring, concern, and dedication in helping those of us who dare to sleep, perchance to dream. Nancy

This book has what I think are very good suggestions, points, ideas, etc; however, there are so many words and explanations and acronyms that you can't figure out what the point is. I think it would have been an excellent book had it been shortened and maybe made into a sleep for dummies book or something. It's wordy, confusing, and frustrating trying to get through it. I'm sure there are excellent points in the book based on the other reviews; unfortunately, I must not be smart enough to understand them. I just didn't get it.

After a lifetime of sleep problems and 20 or more years of Ambien use I am nearly weaned from drug use and I am soundly sleeping through the night. This book covers the tried and true but also

offers new and very helpful - although simple - techniques for improved sleep. Most remarkably - even at 68 - I no longer awaken in the middle of night for bathroom trips! Dr Krakow maintains that such awakenings are not an unavoidable side effect of aging! That is just one of the surprises in this book. Read the book thoroughly and commit to the program and I hope you benefit as much as this chronic insomniac has.

Having been plagued by physical problems (those which I won't discuss in this public forum) and having a general distaste for the medicated state of society, it was a relief to know that alternatives were out there. I'm not going to say that this book will change your life, but it will help anyone who is sincere in their desire to get sound sleep. Honestly

I have had trouble sleeping for a number of years. I was introduced to this book and it has literally changed my life. I sleep better, have more understanding about the interplay between sound sleep and emotional health. Through his research and his own experience with sleep problems, Dr. Krakow, has taken a different approach, challenging the paradigm that sleep problems are an ancillary problem rather than a key indicator of the need to solve emotional and trouble thinking. Solve the sleep problems and PTSD and the emotional problems are also settled. I like the book and highly recommend it to anyone having sleep problems. A new paradigm with practical solutions to settling the mind, so the body can rest!

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