



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

*Gregg D. Jacobs*

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Introduction by Dr. Herbert Benson, author of *The Relaxation Response* A drug-free, scientifically proven program for conquering insomnia in six weeks.

At least thirty million adults ure the stress of severe, chronic insomnia, and the numbers of sufferers aregrowing. Dr. Gregg Jacobs has used the six-week program offered in *Say Good Night to Insomnia* to help thousands of insomnia sufferers at the Behavioral Medicine Insomnia Program at Boston's Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School. The program succeeds by helping insomniacs change the way they think about sleep, making it a friend instead of an enemy. Among the many topics addressed are these:

- \* Developing a sleep enhancing lifestyle including diet, exercise, and an understanding of the importance of body temperature
- \* Stopping a dependency on sleeping pills
- \* Managing negative emotions, stress, and anxiety
- \* Quieting the mind and body to enhance inner feelings of peace

*Say Good Night to Insomnia* is an empowering book that lets insomniacs take control of their minds and bodies by giving them the knowledge and techniques to overcome their problem forever.

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