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The CBT-I Program That Gets You
Sleeping! Now in its second edition, Sink
Into Sleep provides the tools and
techniques to reverse insomnia and
improve sleep long-term. Insomnia,
persistent trouble getting to sleep or
staying asleep, affects our daytime
functioning and wellbeing.

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allows you to do CBT-I at home. It guides you through the same steps and strategies that we use in the clinic. For more information, please visit the website dedicated to the book: www.sinkintosleep.com.

Welcome | Dr. Judith R. Davidson

"I am excited about Judith Davidsons

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new self-help book, "Sink Into Sleep". Dr. Davidson has done an excellent job presenting cutting edge treatment methods in a down-to-earth, straightforward manner.

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