

## BEHAVIORAL TREATMENTS FOR SLEEP DISORDERS A COMPREHENSIVE PRIMER OF BEHAVIORAL SLEEP MEDICINE INTERVENTIONS%0A

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Sleep is a major component of good mental and physical health, yet over 40 million Americans suffer from sleep disorders. Edited by three prominent clinical experts, Behavioral Treatments for Sleep Disorders is the first reference to cover all of the most common disorders (insomnia, sleep apnea, restless legs syndrome, narcolepsy, parasomnias, etc) and the applicable therapeutic techniques.

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He served as co-editor (with Michael Perlis & Mark Aloia) of Behavioral Treatments for Sleep Disorders: A Comprehensive Primer of Behavioral Sleep Medicine Interventions, and co-authored a popular press book, The Toddler Owner's Manual: Operating Instructions, Troubleshooting Tips, and Advice on System Maintenance.

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