

Dr Simon Atkins



# First Steps through Insomnia



# First Steps Through Insomnia

**Simon Atkins**



## **First Steps Through Insomnia:**

First steps through Insomnia Simon Atkins,2014-03-21 Are you one of the many people who struggle to sleep at night and to stay awake during the day Does sleep or the lack of it dominate your life ruin your days and make everything twice as difficult as it should be Do you or the person you share a bed with snore Or do you have trouble getting your teenager into bed at night and out of it again the next morning If so First Steps through Insomnia is for you Written by a GP with years of experience in helping his patients with all kinds of sleep related conditions this practical book will take you through the right steps toward a life of blissful refreshing slumber First Steps is a successful series of short affordable self help books on a range of key topics Other titles in the series include Menopause Divorce Weight Problems Anxiety Bereavement Depression Eating Disorders Problem Gambling and Problem Drinking

**Dementia For Dummies - UK** Simon Atkins,2015-04-20 Your hands on guide to dealing with dementia within the UK healthcare system If a loved one has recently been diagnosed with dementia Dementia For Dummies UK Edition provides trusted no nonsense guidance on what this may mean for you and your family You ll get an understanding of the symptoms of dementia make sense of the stages of the illness and grasp the differences between the various types of dementia including Alzheimer s disease and vascular dementia Dementia is an increasingly common condition that can have a significant impact on family life Each person diagnosed is unique and your loved one s symptoms can range from loss of memory to mood changes to communication problems and beyond This sensitive authoritative guide walks you through the different scenarios you may encounter as a family member or carer and explains step by step how you can keep your loved one as safe and as comfortable as possible no matter how severe their symptoms are Gives you the straight facts on dementia Covers the symptoms causes and risk factors of dementia Helps identify and address the fears as you face a diagnosis Provides carers and family members with the information needed to help manage the illness If you re looking for support as you adjust to caring for a loved one with dementia Dementia For Dummies helps make it easier

*"No Words for Feelings, yet!". Exploring Alexithymia, Disorder of Affect Regulation and "Mind-Body" Connection* Domenico De Berardis,Michele Fornaro,Laura Orsolini,2020-10-08 This eBook is a collection of articles from a Frontiers Research Topic Frontiers Research Topics are very popular trademarks of the Frontiers Journals Series they are collections of at least ten articles all centered on a particular subject With their unique mix of varied contributions from Original Research to Review Articles Frontiers Research Topics unify the most influential researchers the latest key findings and historical advances in a hot research area Find out more on how to host your own Frontiers Research Topic or contribute to one as an author by contacting the Frontiers Editorial Office frontiersin.org about contact

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Pandi-Perumal,Jaime M. Monti,Andrew A. Monjan,2009-11-26 Sleep disorders cause considerable morbidity and distress in

the aging population By highlighting the clinical diagnosis and management of sleep disorders this volume provides a valuable resource for all those involved in health care of older individuals The changes in sleep patterns that occur during normal aging are described followed by authoritative chapters on the presentation of various age related sleep disorders The book deals with the range of therapeutic measures available for managing these disorders and gives insight to potential areas of research that have emerged in the last few years such as the study of circadian rhythms in later life sleep patterns associated with co morbidities and the use of quality of life measurement tools to determine sleep quality as we age This volume is relevant to sleep disorders specialists psychiatrists geriatricians and gerontologists and any professionals and researchers working in the interdisciplinary areas of sleep and aging

**Statistics for Research in Psychology** Rick Gurnsey,2017-08-11 Statistics for Research in Psychology offers an intuitive approach to statistics based on estimation for interpreting research in psychology This innovative text covers topic areas in a traditional sequence but gently shifts the focus to an alternative approach using estimation emphasizing confidence intervals effect sizes and practical significance with the advantages naturally emerging in the process Frequent opportunities for practice and step by step instructions for using Excel SPSS and R in appendices will help readers come away with a better understanding of statistics that will allow them to more effectively evaluate published research and undertake meaningful research of their own

*A Practical Guide to Homeopathic Treatment* Myron H. Adams,1913 [The Psychoanalytic Review](#) ,1918 [How Does Sleep Help Regulate Negative Emotion?](#) Edward F. Pace-Schott,Birgit Kleim,Candice A. Alfano,2023-02-08

[The Power of Perimenopause](#) Stephanie DeGraff Bender,Treacy Colbert,1998 Illustrates common perimenopausal complaints such as hot flushes mood swings and decreased libido Discussion of hormone replacement therapy HRT complementary therapy osteoporosis breast cancer and heart disease and general self care *The Practitioner's Encyclopaedia of Medical Treatment* Sir Walter Langdon-Brown,James Keogh Murphy,1915 *MGH Guide to Psychiatry in Primary Care* Theodore A. Stern,John B. Herman,Peter L. Slavin,1998 Approximately 50% of office visits for mental illness are to physicians other than psychiatrists the vast majority of those being primary care physicians In a practical concise format this handbook offers the expertise and knowledge of the premier institution in the field of psychiatry Massachusetts General Hospital providing all the physician needs to effectively diagnose and treat the broad array of psychiatric conditions commonly seen in the primary care setting

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