

## **Sleep Essentials Group: Further Resources**

### **Books**

Carney, C., & Manber, R. (2009). *Quiet your mind and get to sleep: Solutions to insomnia for those with depression, anxiety or chronic pain*. Oakland, CA: New Harbinger.

Carney, C. E., & Manber, R. (2013). *Goodnight mind: Turn off your noisy thoughts and get a good night's sleep*. Oakland, CA: New Harbinger.

Hauri, P., & Linde, S. M. (1990). *No more sleepless nights*. New York: Wiley.

Jacobs, G. D. (2009). *Say good night to insomnia: The six-week, drug-free program developed at Harvard Medical School*. New York: Henry Holt and Company.

Silberman, S. A., & Morin, C. (2009). *The insomnia workbook: A comprehensive guide to getting the sleep you need*. Oakland, CA: New Harbinger.

### **Online Learning**

#### **Anxiety**

<https://www.anxietycanada.com/> Expert tools and resources to help people manage anxiety.

#### **Self-Compassion**

<https://self-compassion.org/#> Dr. Kristin Neff's website with available workshops.

#### **Sleep - General**

[6 tips for better sleep | Sleeping with Science, a TED series - YouTube](#) Five-minute YouTube video by Dr. Matthew Walker that summarizes tips for better sleep.

<https://cumming.ucalgary.ca/centres/anesthesiology/chronic-pain-centre/our-patients/more-treatment-groups-and-group-resources> Link for Information on Groups and Resources at Calgary Chronic Pain Centre.

[Chronic Pain Management Lecture Series | Alberta Health Services](#) Lecture series from the Calgary Chronic Pain Centre – 10 topics including sleep.

<https://www.youtube.com/watch?v=qgckW3E7zCk> Educational webinar by Dr. Fleming, consultant at Sleep Disorder Program, UBC Hospital.

<https://myhealth.alberta.ca/learning/modules/Sleep-Strategies> Headache-tailored modules.

[www.sleepfoundation.org](http://www.sleepfoundation.org) Patient-friendly information on sleep from the National Sleep Foundation.

## **Sleep - Medication**

[Sleep well without sleeping pills - MySleepwell.ca](http://MySleepwell.ca)

Sleepwell has two main goals: 1) to help people with insomnia get their sleep back without medications; and 2) to help people stop taking sleeping pills safely and effectively.

[Sleep well without medication - Canadian Deprescribing Network](#)

Provides a simple but good overview of benefits and harms associated with long term sleeping pill use.

[How to get a good night's sleep without medication - Brochure](#)

Provides information on how to get a good night's sleep without medication.

## **Sleep – Imagery and Relaxation**

<https://students.georgiasouthern.edu/counseling/resources/resource-library/relaxation-and-stress-management/> General relaxation strategies, including breathing, imagery, progressive muscle relaxation, and mindfulness (scroll all the way to the bottom of the page).