



Insomnia: Diagnosis and Treatment (Medical Psychiatry Series)

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The first source on insomnia treatment since the advancement of newer drug options and cognitive behavioral therapies, **Insomnia: Diagnosis and Treatment** presents a comprehensive reference on the complications, evaluation, and treatment of insomnia. Ideal for sleep medicine specialists, psychiatrists, and neurologists, this text uses a multi-disciplinary approach to discuss the essential information on assessment and treatment, while also covering the science of insomnia, including the definitions, origins, and complications of the condition.

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