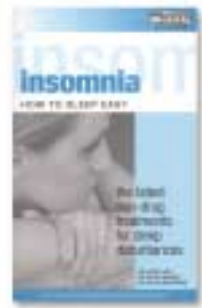


*Insomnia: how to sleep easy, the latest non-drug treatments for sleep disturbance* is priced at \$12.95 and is available from selected newsagents around Australia. It can also be ordered over the Web at: <http://magshop.com.au/Product.asp?ProductID=2097>



# Hopes new pocket guide will put insomnia sufferers to sleep

In Print: Sleep



It is not uncommon for many of us to fall asleep while curled up reading a good book, although many authors would be loathe to hear it.

Yet for two Flinders researchers, hearing that people have dozed off as a result of their new publication is the exact result they are hoping for.

Sleep expert Associate Professor Leon Lack, of the School of Psychology, and colleague Dr Helen Wright have combined their knowledge and clinical research to produce a 96-page guide to treatments and therapies designed to help people who suffer from insomnia.

Entitled *Insomnia: how to sleep easy, the latest non-drug treatments for sleep disturbance*, the guide is one of eight new books to be produced as part of the Australian Women's Weekly Health Series, which are available at newsagents across the country.

"At present, there are very few Australian publications available that deal with understanding sleep and managing insomnia," Associate Professor Lack said.

"Given that there are an estimated one million Australians who have chronic insomnia and many more have occasional insomnia, we hope this book can be of significant benefit to the community."

Associate Professor Lack and Dr Wright were approached to write the book, which is an updated version of the earlier edition written by the late Dr Helen Bearpark, through the Australasian Sleep Association. It is designed to provide people who suffer from insomnia with helpful techniques and tips they can use to treat their condition.

The book also gives readers an insight into the various features of sleep and identifies the triggers that can cause sleep disorder.

"A lot of what is therapeutic for an insomniac is just learning about sleep itself, the nature of sleep, which we have provided in the book," Associate Professor Lack said.

Given that the pair has 12 years of clinical research experience dealing with insomniacs on a one-to-one basis, they are aware of what information is relevant to sufferers and what techniques they know will be of use to treat their condition.

It is this knowledge and experience they have drawn upon to produce the relevant chapters in the book.

"This publication is a bit unique in the sense that you don't often get these sorts of books that are being written by the people who are conducting the basic research and applied research - it comes through other mediums," Associate Professor Lack said.

"Virtually all of the research we have done here at the University is included in this book in one form or another, so we possess a great deal of information that's relevant to insomnia and a great deal of practical experience in treating insomnia in thousands of cases.

"For instance, one of the chapters in the book focuses on Bright Light Therapy and is probably the type of chapter you wouldn't find in any other paperback about insomnia because it is only now becoming a standard therapy and is based upon research we have conducted here at Flinders."

Associate Professor Lack also said the book is important as it provides the general public with information about non-drug therapies.

"We want to show people that with a better understanding of the different therapies and techniques that are out there, there is an alternative to relying on drug treatments to treat insomnia.

"At present, many people perceive it as the only answer to their condition, however, in most cases using drugs to treat the problem can do more harm than good.

"The techniques that are documented in this book do help - our research proves that they work - we just hope that as many sufferers as possible are open to using them to help themselves." ■

Above left: Associate Professor Lack (R) tests a pair of experimental glasses which use light to adjust a person's body clock.