

letsleephappen

the struggle is over

Unlearning Insomnia & Sleep Medication Dependence

Rosemary Clancy

The letsleephappen workbook series aims to promote CBT and acceptance principles for insomnia and circadian sleep-wake problems.

This insomniaCBT program instills good sleep habits and flexible expectations, to build trust and confidence in sleep, improve mood, and make it easier to then gradually reduce reliance on sleep medications.

ROSEMARY CLANCY is an Australian Clinical Psychologist specializing in Insomnia and Sleep-wake Disorders and psychological treatment of sleep medication dependence. She is an Australasian Sleep Association member and Australian Psychological Society Clinical College Fellow. She writes on InsomniaCBT at www.letsleephappen.com.au



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