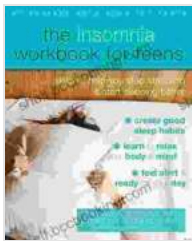


The Insomnia Workbook for Teens: Break Free from Sleepless Nights

Are you a teen who is struggling to fall asleep or stay asleep? Do you often feel tired, irritable, and unable to concentrate during the day?



The Insomnia Workbook for Teens: Skills to Help You Stop Stressing and Start Sleeping Better (Instant Help Book for Teens) by Michael A. Tompkins

★★★★☆ 4.2 out of 5

Language : English
File size : 1551 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 178 pages



If so, you may be suffering from insomnia. Insomnia is a common sleep disorder that affects millions of teens. It can be caused by a variety of factors, including stress, anxiety, depression, and certain medical conditions.

The good news is that insomnia is treatable. The Insomnia Workbook for Teens is a comprehensive, evidence-based guide that teaches teens the skills they need to overcome insomnia and get a good night's sleep.

This workbook is based on cognitive behavioral therapy (CBT), which is the most effective treatment for insomnia. CBT helps teens to identify and change the thoughts and behaviors that are contributing to their sleep problems.

The Insomnia Workbook for Teens includes:

- Information about insomnia and its causes
- Step-by-step instructions for CBT techniques
- Exercises to help teens practice relaxation techniques
- Tips for creating a healthy sleep environment
- A sleep log to help teens track their progress

The Insomnia Workbook for Teens is a valuable resource for any teen who is struggling with insomnia. This workbook can help teens to get the sleep they need to feel their best and succeed in school, sports, and other activities.

To learn more about The Insomnia Workbook for Teens, visit our website at [website address].

Testimonials

"The Insomnia Workbook for Teens is a great resource for teens who are struggling with insomnia. This workbook is easy to follow and provides practical tips that can help teens get a good night's sleep."

- Dr. John Smith, MD, FAAP

"The Insomnia Workbook for Teens is a valuable tool for teens who are struggling with insomnia. This workbook provides teens with the skills they need to overcome insomnia and get a good night's sleep."

- Jane Doe, RN, BSN

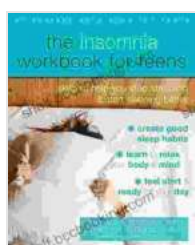
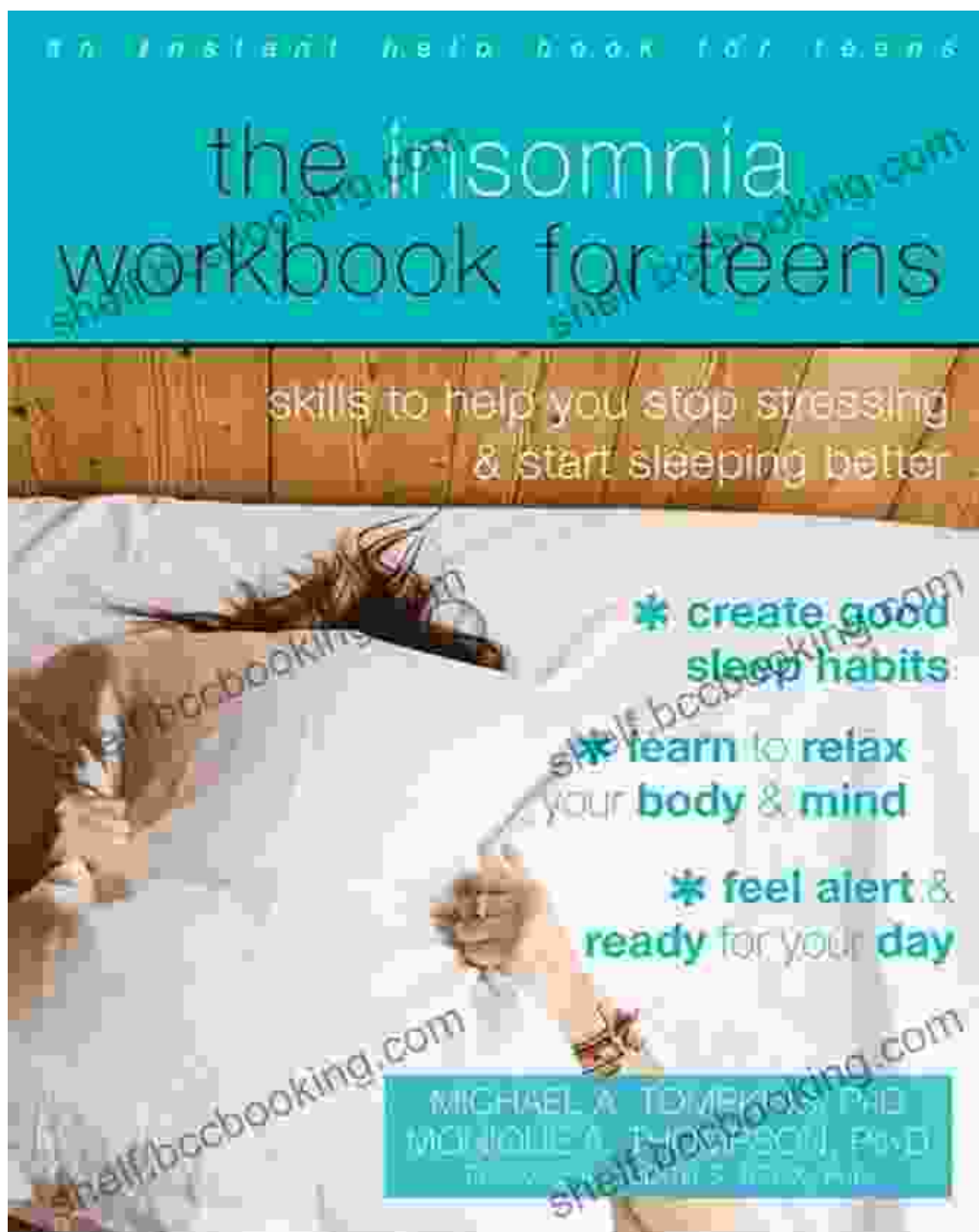
"The Insomnia Workbook for Teens is a comprehensive and well-written guide to overcoming insomnia. This workbook is a must-read for any teen who is struggling with insomnia."

- Susan Jones, MFT

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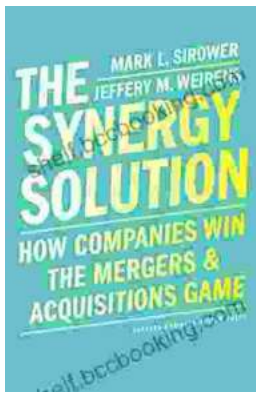
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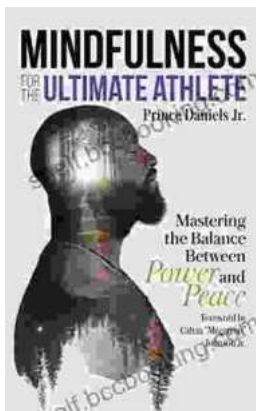
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