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The CBT-I Program That Gets You Sleeping! Now in its second edition, Sink Into Sleep provides the tools and techniques to reverse insomnia and improve sleep long-term. Insomnia, persistent trouble getting to sleep or staying asleep, affects our daytime functioning and wellbeing.

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you through the same steps and strategies that we use in the clinic. For more information, please visit the website dedicated to the book: [www.sinkintosleep.com](http://www.sinkintosleep.com).

## **Welcome | Dr. Judith R. Davidson**

"I am excited about Judith Davidsons new self-help book, "Sink Into Sleep". Dr. Davidson has done an excellent job presenting cutting edge treatment methods in a down-to-earth, straightforward manner.

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