



# Sleep Better with Natural Therapies: A Comprehensive Guide to Overcoming Insomnia, Moving Sleep Cycles and Preventing Jet Lag

By Peter Smith

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Combining a wide range of drug-free therapeutic approaches, this book is a step-by-step guide to Peter Smith's unique, 100% natural sleep solution. It:

- Explains how sleep 'works' and the physical and psychological causes of insomnia.
- Offers practical advice about how to practice good sleep behaviours and switch on relaxation responses within the nervous system, including the revolutionary concept of 'virtual darkness'.
- Gives tips on getting the right dietary supplements for a good night's sleep and creating the right sleeping environment.
- Advises 'night owls' 'early birds' and 'free runners' about how to reset problematic sleep cycles.
- Provides guidelines for preventing jetlag.

'Sleep Better with Natural Therapies' combines psychological treatments, such as CBT, with physiological ones, such as adjusting the biological clock, and demonstrates that it is possible to retrain the mind and change your learned associations with sleep in just a matter of weeks. This is vital reading for anyone struggling with insomnia, problems with sleep cycles, or the effects of jet lag and will be of interest to complementary health practitioners and mental health professionals.

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### Editorial Review

#### Review

One of the main things I enjoyed about this book is the integrated approach [it] takes ... The text offers a practical, self-help programme including relaxation, the use of bright light and darkness, diet, sleep hygiene and the management of mental tension. [It] also presents a safe way to come off sleeping tablets. As a healthcare professional who works with sleep issues, I am always mindful of an approach which gives the client the self-care tools first before withdrawing sleep medication and this book does that. The programme is designed to be implemented over several weeks and provides a solid presentation of techniques. --Laurel Alexander, Complementary Therapist, Tutor and Author

#### Review

Peter Smith provides you with information on all areas of sleep, from understanding it to restoring a healthy sleep cycle. This book also inhabits the perfect step-by-step guide on how to overcome sleep issues such as insomnia and jet lag. Peter Smith certainly has "the-sleep-solution" and can teach anyone suffering from lack of sleep how to correct, maintain and prevent sleeping problems. (*The Journal of the Association of Natural Medicine*)

The book focuses on some treatment with a strong evidence base, such as bright light therapy, sleep hygiene and CBT, and also looks at pharmacological approaches... the resources section has very specific advice on what type of supplement to use and when to use them and has some information on different types of meditation... I found the book an enlightening read...The depth that the author went into when discussing treatments and techniques to use was refreshing, and the book was well structured. (British Sleep Society's Newsletter)

Offers practical advice about how to practice good sleep behaviours and switch on relaxation responses within the nervous system... Gives tips on getting the right dietary supplements for a good night's sleep and creating the right sleeping environment... Provides guidelines for preventing jetlag. "Sleep Better with Natural Therapies" combines psychological treatments, such as CBT, with physiological ones...This vital reading for anyone struggling with insomnia, problems with sleep cycles, or the effects of jet lag and will be of interest to complementary health practitioners and mental health professionals. (Universal Magazine)

Peter Smith has not only addressed all the usual causes of sleep disorder... but he has also considered the conventional medical causes and orthodox treatments... All in all a masterly exposition and it is hard to think of anything more that might be added... the majority of readers will find it an invaluable aid in dealing with sleeping problems without recourse to prescription drugs. (Joe Sinclair *Nurturing Potential, Potential Unleashed* blog)

One of the main things I enjoyed about this book is the integrated approach [it] takes... The text offers a practical, self-help programme including relaxation, the use of bright light and darkness, diet, sleep hygiene and the management of mental tension. [It] also presents a safe way to come off sleeping tablets. As a healthcare professional who works with sleep issues, I am always mindful of an approach which gives the client the self-care tools first before withdrawing sleep medication and this book does that. The programme is designed to be implemented over several weeks and provides a solid presentation of techniques. (Laurel Alexander, Complementary Therapist, Tutor and Author)

## About the Author

Peter Smith is a holistic medical consultant with personal and professional experience of using nutritional and natural remedies. He has been practicing for 25 years and currently offers consultations at the Hale Clinic. Peter's background is in biochemistry and he is trained in Naturopathic and Nutritional Medicine, Cognitive Hypnotherapy, Bicom resonance therapy to treat allergies and sensitivities, Chinese herbal medicine and meditation. He is based in London, UK.

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