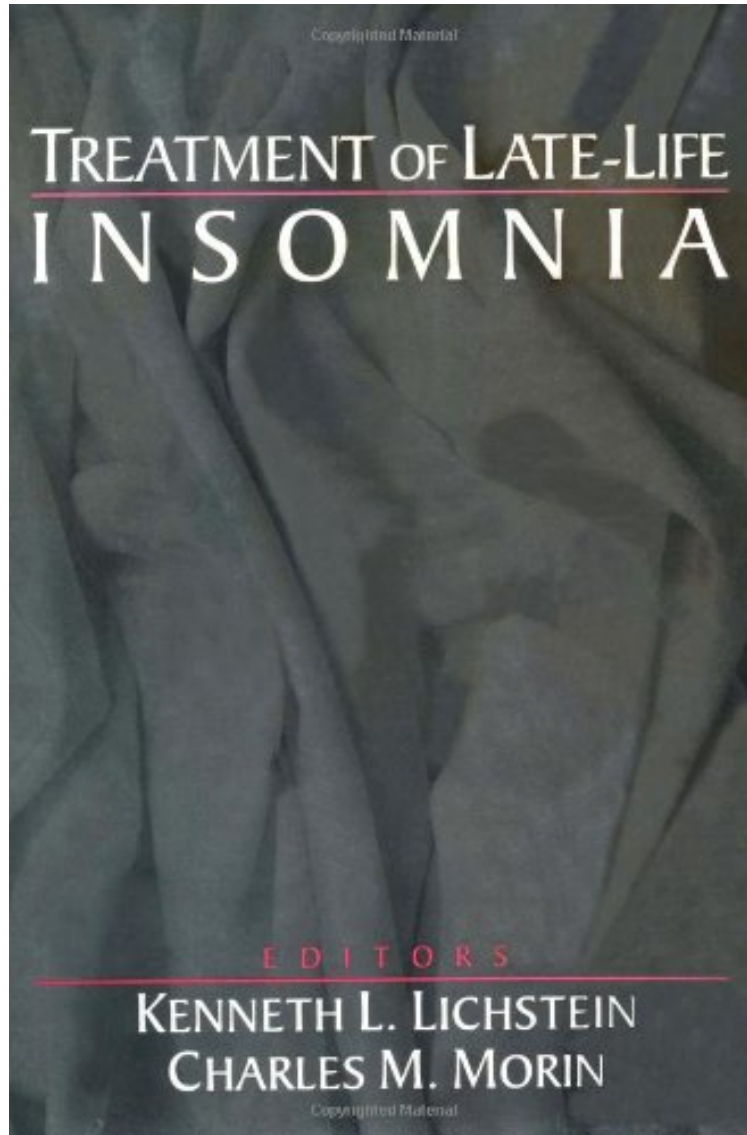


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A comprehensive research//clinical accounting of insomnia treatment in older adults is provided by this book. Topics covered include: typical normal and disturbed sleep patterns, methods of evaluation and diagnosis; the major

treatments for late-life insomnia; and research and methods of clinical management for topics in late-life insomnia that have only recently attracted systematic investigation.

" Treatment of Late-Life Insomnia is an extremely valuable, authoritative and comprehensive resource not only for practitioners of sleep medicine but also for any health-care practitioner who finds him or herself working with the elderly population." "Treatment of Late-Life Insomnia is an extremely valuable, authoritative and comprehensive resource not only for practitioners of sleep medicine but also for any health-care practitioner who finds him or herself working with the elderly population." -- Michael V. Vitiello, Ph.D."Treatment of Late-Life Insomnia is an extremely valuable, authoritative and comprehensive resource not only for practitioners of sleep medicine but also for any health-care practitioner who finds him or herself working with the elderly population." --Michael V. Vitiello, Ph.D."Treatment of Late-Life Insomnia is an extremely valuable, authoritative and comprehensive resource not only for practitioners of sleep medicine but also for any health-care practitioner who finds him or herself working with the elderly population." --Michael V. Vitiello, Ph.D.-Treatment of Late-Life Insomnia is an extremely valuable, authoritative and comprehensive resource not only for practitioners of sleep medicine but also for any health-care practitioner who finds him or herself working with the elderly population.- --Michael V. Vitiello, Ph.D. "Treatment of Late-Life Insomnia is an extremely valuable, authoritative and comprehensive resource not only for practitioners of sleep medicine but also for any health-care practitioner who finds him or herself working with the elderly population." (Michael V. Vitiello, Ph.D.)