

Julie Nguyen

Ms. Guglielmo

English 1102-Section #13

24 April 2006

Works Cited

Brown, Franklin C., Walter C. Buboltz, and Barlow Soper. "Development and Evaluation of the Sleep Treatment and Education Program for Students (STEPS)." Journal of American College Health 54.4 (2006): 231-237. ProQuest Psychology Journals. ProQuest. Horace W. Sturgis Library, Kennesaw, GA. 1 Feb. 2006. <<http://www.proquest.com/>>.

Brownlee, Christen. "Insomniac brains are both asleep and awake." Science News 3 Dec. 2005: 366. Research Library. ProQuest. Horace W. Sturgis Library, Kennesaw, GA. 1 Feb. 2006. <<http://www.proquest.com/>>.

Cass, Hyla. "Sleep: The feel good prescription." Total Health 1 May 2000: 28-32. Research Library. ProQuest. Horace W. Sturgis Library, Kennesaw, GA. 1 Feb. 2006. <<http://www.proquest.com/>>.

Chung, Ka F. "Insomnia Subtypes and their Relationships to Daytime Sleepiness in Patients with Obstructive Sleep Apnea." Respiration 72.5 (2005): 460-465. Career and Technical Education. ProQuest. Horace W. Sturgis Library, Kennesaw, GA. 1 Feb. 2006. <<http://www.proquest.com/>>.

Dooren, Jennifer C. "Talking Yourself to Sleep; Behavioral Therapies Teach Insomniacs to Snooze Without Relying on Drugs." Wall Street Journal [New York, N.Y.] 29 Mar. 2005, Eastern edition: D.1. ABI/INFORM Global. ProQuest. Horace W. Sturgis Library, Kennesaw, GA. 1 Feb. 2006. <<http://www.proquest.com/>>.

Fletcher, June. "WEEKEND JOURNAL; The Home Front: Getting in Bed With Insomnia."

Wall Street Journal [New York, N.Y.] 2 Dec. 2005, Eastern edition: W.12.

ABI/INFORM Global. ProQuest. Horace W. Sturgis Library, Kennesaw, GA. 1 Feb.

2006. <<http://www.proquest.com/>>.

"Insomnia." Wikipedia. 27 Jan. 2006. <<http://en.wikipedia.org/wiki/Insomnia>>.

Shuman, Tracy. "Sleep Disorders: Fact or Fiction?" WebMD.com. Dec. 2005

<<http://www.webmd.com/content/article/105/107666.html>>.