



## **PATHFINDER: INSOMNIA**

### **ENCYCLOPEDIAS**

The Encyclopedia of Sleep and Sleep Disorders (R/616.849803/T521en)

World Book Encyclopedia (R/031/W927) UNDER: Insomnia

### **REFERENCE BOOKS**

Caring for the Mind (R/616.89/H167ca) Check Index UNDER: Insomnia

Consumer Health USA Volume 2 (R/616/C758) UNDER: Insomnia; The Nature of Sleep

Current Medical Diagnosis & Treatment (R/616.075/C976) Check Index UNDER:

Insomnia

DSM-IV-TR (R/616.89075/D536) Check Index UNDER: Insomnia

### **FULL TEXT**

In Gale Virtual Reference Library UNDER: Insomnia

In MasterFILE Premier (some full text) UNDER: Insomnia

In WilsonSelectPlus UNDER: Insomnia

### **INTERNET RESOURCE**

<http://www.mayoclinic.com> Check under Diseases and Conditions--Insomnia

### **BOOKS**

Online Catalog UNDER: Insomnia; Sleep Disorders

Browse the following areas: 616.849; 616.8498

The Niles Library has a number of books that include information about insomnia.

Listed below are some examples:

How to Get a Good Night's Sleep (616.8498/G728ho)

Insomnia: 50 Essential Things to Do (616.84982/D572in)

Overcoming Insomnia (616.84982/S974ov)

Sleep Disorders: America's Hidden Nightmare (616.8498/F919sl)

Sleep Disorders Sourcebook (616.8498/S632so)

A Woman's Guide to Sleep Disorders (616.8498/K94wo)

(If a book is checked out, a reference librarian can put it on hold for you.)

**NOTE**

This pathfinder was prepared to assist you in locating materials. If you have any questions or require assistance, please ask a Librarian on duty.

Niles Public Library District  
6960 Oakton  
Niles, Illinois 60714  
(847) 663-1234

Reference Services: (847) 663-6603 or 663-6604  
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