



# Acupuncture for Insomnia: Sleep and Dreams in Chinese Medicine

*Hamid Montakab*

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# Acupuncture for Insomnia: Sleep and Dreams in Chinese Medicine

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Analyzes the significance of dreams in Chinese Medicine and how dreams can be skillfully integrated into a patient's therapy. Written from the unique perspective of a physician who is also trained in TCM and classical acupuncture, the book presents numerous case examples, and an up-to-date review of scientific studies on Chinese medicine and sleep. It is an essential reference for all acupuncture practitioners who provide optimal treatment to patients with insomnia, sleep disorders, and other sleep pathologies.

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