

## Literatura

- BECK AT, STEER RA, GARBIN MG. Psychometric properties of the Beck Depression Inventory: twenty-five years of evaluation. *Clin Psychol Rev.* 1988;8:77.
- BECK AT, WARD CH, MENDELSON M, MOCK J, ERBAUGH J. An inventory for measuring depression. *Arch Gen Psychiatry.* 1961; 4:561-571.
- BERNSTEIN D, BORKOVEC TD. *Progressive Relaxation Training.* Champaign, Ill: Research Press; 1973.
- BONNET MH. Sleep deprivation. In: KRYGER MH, ROTH T, DEMENT WC, eds. *Principles and Practice of Sleep Medicine.* Philadelphia, Pa: WB Saunders Co; 1994:50-67.
- BOOTZIN RR. Effects of self-control procedures for insomnia. In: STUART RB, ed. *Behavioral Self-Management.* New York, NY: Brunner/Mazel Inc; 1977:176-195.
- BORKOVEC TD, Nau SD. Credibility of analogue therapy rationales. *J Behav Ther Exp Psychiatry.* 1972;3:247-260.
- CALLAHAN LF, KAPLAN MR, PINCUS R. Response patterns of rheumatoid arthritis patients on four widely used depression questionnaires. *Arthritis Rheum.* 1988;31(suppl 4):76.
- CARSKADON MA, RECHTSHAFFEN A. Monitoring and staging human sleep. In: KRYGER MH, ROTH T, DEMENT WC, eds. *Principles and Practice of Sleep Medicine.* Philadelphia, Pa: WB Saunders Co; 1994:943-960.
- COURSEY RD. Personality measures and evoked responses in chronic insomniacs. *J Abnorm Psychol.* 1975;84:239-249.
- DAVIES R, LACKS P, STORANDT M, BERTELSON AD. Counter-control treatment of sleep-maintenance insomnia in relation to age. *Psychol Aging.* 1986;1:233-238.
- Diagnostic Classification Steering Committee. *ICSD - International Classification of Sleep Disorders: Diagnostic and Coding Manual.* Rochester, Minn: American Sleep Disorders Association; 1990.
- EDINGER JD, HOELSCHER TJ, MARSH GR, IONESCU-PIOGGIA M, LIPPER S. A cognitive-behavioral therapy for sleep-maintenance insomnia in older adults. *Psychol Aging.* 1992;7:282-289.

- EDINGER JD, STOUT AL, HOELSCHER TJ. Cluster analysis of insomniacs' MMPI profiles: relation of subtypes to sleep history and treatment outcome. *Psychosom Med.* 1988;50:77-87.
- FOLEY DJ, MONJAN A, SIMONSICK EM, WALLACE RB, BLAZER DG. Incidence and remission of insomnia among elderly adults: an epidemiologic study of 6,800 persons over three years. *Sleep.* 1999;22(suppl 2):366-372.
- FORD DE, KAMEROW DB. Epidemiologic study of sleep disturbances and psychiatric disorders: an opportunity for prevention? *JAMA.* 1989;262:1479-1484.
- Gallup Organization. *Sleep in America.* Princeton, NJ: Gallup Organization; 1991.
- Gallup Organization. *Sleep in America.* Princeton, NJ: Gallup Organization; 1995.
- GOLDBERG SC. Persistent flaws in the design and analysis of psychopharmacology research. In: MELTZER HY, ed. *Psychopharmacology: The Third Generation of Progress.* New York, NY: Raven Press; 1987:1005-1012.
- GREENBLATT DJ. Pharmacology of benzodiazepine hypnotics. *J Clin Psychiatry.* 1992;53(suppl):7-13.
- HAURI P. Primary insomnia. In: KRYGER MH, ROTH T, DEMENT WC, eds. *Principles and Practice of Sleep Medicine.* Philadelphia, Pa: WB Saunders Co; 1994:494-499.
- HOELSCHER TJ, EDINGER JD. Treatment of sleep-maintenance insomnia in older adults: sleep period reduction, sleep education and modified stimulus control. *Psychol Aging.* 1988;3:258-263.
- HOELSCHER TJ, MCCALL WV, POWELL J, MARSH GR, ERWIN CW. Two methods for scoring sleep with the Oxford Medilog 9000: comparison to conventional paper scoring. *Sleep.* 1989;12:133-139.
- CHANG PP, FORD DE, MEAD LA, COOPER-PATRICK L, KLAG MJ. Insomnia in young men and subsequent depression: the Johns Hopkins Precursors Study. *Am J Epidemiol.*
- CHESSON AL JR, ANDERSON WM, LITTNER M, et al. Practice parameters for the nonpharmacologic treatment of chronic insomnia. *Sleep.* 1999;22:1128-1133.

- Institute of Medicine. *Sleeping Pills, Insomnia and Medical Practice*. Washington, DC: National Academy of Sciences; 1979.
- JOHNSON LC, CHERNIK DA. Sedative hypnotics and human performance. *Psychopharmacology* (Berl). 1982;76:101-113.
- KALES A, BIXLER EO, TAN TL, SCHARF MB, KALES JD. Chronic hypnotic use: ineffectiveness, drug withdrawal insomnia and hypnotic drug dependence. *JAMA*. 1974;227:513.
- KALES A, CALDWELL AB, PRESTON TA, HEALEY S, KALES JD. Personality patterns in insomnia. *Arch Gen Psychiatry*. 1976;33:1128-1134.
- LACKS P, BERTELSON AD, SUGERMAN J, KUNKEL J. The treatment of sleep-maintenance insomnia with stimulus control techniques. *Behav Res Ther*. 1983;21:291-295.
- LACKS P. *Behavioral Treatment for Persistent Insomnia*. New York, NY: Pergamon Press; 1987.
- LIVINGSTON G, BLIZARD B, MANN A. Does sleep disturbance predict depression in elderly people? A study in inner London. *Br J Gen Pract*. 1993;43:445-448.97;146:105-114.
- MELLINGER GD, BALTER MB, UHLENHUTH EH. Insomnia and its treatment: prevalence and correlates. *Arch Gen Psychiatry*. 1985;42:225-232.
- MORIN CM, AZRIN NH. Stimulus control and imagery training in treating sleep-maintenance insomnia. *J Consult Clin Psychol*. 1987;55:260-262.
- MORIN CM, COLECCHI C, STONE J, SOOD R, BRINK D. Behavioral and pharmacological therapies for late-life insomnia. *JAMA*. 1999;281:991-999.
- MORIN CM, CULBERT JP, SCHWARTZ SM. Nonpharmacological interventions for insomnia: a meta-analysis of treatment efficacy. *Am J Psychiatry*. 1994;151:1172-1180.
- MORIN CM, HAURI PJ, ESPIE CA, SPIELMAN AJ, BUYSSE DJ, BOOTZIN RR. Nonpharmacologic treatment of chronic insomnia. *Sleep*. 1999;22:1134-1156.
- MORIN CM, KOWATCH RA, BARRY T, WALTON E. Cognitive-behavioral therapy for late-life insomnia. *J Consult Clin Psychol*. 1993;61:137-147.
- MURTAGH DR, GREENWOOD KM. Identifying effective psycholo-

- gical treatments for insomnia: a meta-analysis. *J Consult Clin Psychol.* 1995;63:79-89.
- National Commission on Sleep Disorders Research. *Wake up America: A National Sleep Alert: Volume 2.* Washington, DC: National Commission on Sleep Disorders Research; 1994.
- NOWELL PD, MAZUMDAR S, BUYSSE DJ, DEW MA, REYNOLDS III CF, KUPFER DJ. Benzodiazepines and zolpidem for chronic insomnia: a meta-analysis of treatment efficacy. *JAMA.* 1997;278:2170-2177.
- OHAYON MM. Prevalence of DSM-IV diagnostic criteria of insomnia: distinguishing insomnia related to mental disorders from sleep disorders. *J Psychiatr Res.* 1997;31:333-346.
- RAY WA, GRIFFIN MR, SCHAFFNER W, BAUGH DK, MELTON J. Psychotropic drug use and the role of hip fracture. *N Engl J Med.* 1987;316:363-369.
- REHM LP. Assessment of depression. In: HERSEN M, BELLACK AS, eds. *Behavioral Assessment: A Practical Handbook.* New York, NY: Pergamon; 1976:233-259.
- RECHTSHAFFEN A, KALES A. *A Manual of Standardized Terminology, Techniques and Scoring Systems of Sleep Stages of Human Subjects.* Los Angeles: UCLA Brain Information Service/Brain Research Institute; 1968.
- SCHRAMM E, HOHAGEN F, GRASSHOFF MA, et al. Test-retest reliability and validity of a structured interview for sleep disorders according to DSM-III-R. *Am J Psychiatry.* 1993;150:867-872.
- SIMON GE, VONKORFF M. Prevalence, burden and treatment of insomnia in primary care. *Am J Psychiatry.* 1997;154:1417-1423.
- SPIELMAN AJ, SASKIN P, THORPY MJ. Treatment of chronic insomnia by restriction of time in bed. *Sleep.* 1987;10:45-55.
- STEINMARK SW, BORKOVEC TD. Active and placebo treatment effects on moderate insomnia under counter demand and positive demand instructions. *J Abnorm Psychol.* 1974;83:157-163.
- STOLLER MK. Economic effects of insomnia. *Clin Ther.* 1994;16: 873-897.
- Structured Clinical Interview for DSM-III-R (SCID). Washington, DC: American Psychiatric Press; 1990.
- THORENSEN CE, COATES TJ, KIRMIL-GRAY K, ROSEKIND MR.

- Behavioral self-management in treating sleep-maintenance insomnia. *J Behav Med.* 1981;4:41–52.
- VOLLRATH M, WICKI W, ANGST J. The Zurich study, VIII: insomnia: association with depression, anxiety, somatic syndromes and course of insomnia. *Eur Arch Psychiatry Neurol Sci.* 1989;239:113–124.
- WALSH JK, SCHWEITZER PK. Ten-year trends in the pharmacologic treatment of insomnia. *Sleep.* 1999;22:371–375.
- WEISSMAN MM, GREENWALD S, NINO-MURCIA G, DEMENT WC. The morbidity of insomnia uncomplicated by psychiatric disorders. *Gen Hosp Psychiatry.* 1997;19:245–250.
- WEYERER S, DILLING H. Prevalence and treatment of insomnia in the community: results from the Upper Bavarian Field Study. *Sleep.* 1991;14(5):392–8.