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A meta analysis on the treatment effectiveness of cognitive behavioral therapy for primary insomnia. Sleep and Biological Rhythms , 9 (1), 24-34 nih.gov van Straten, A., & Cuijpers, P. (2009).

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The First Line of Treatment for Insomnia That'll Surprise You

According to The Insomnia Workbook, the stages are: Stage N1: the lightest stage, which usually makes up 10 percent of your total sleep time. Stage N2: unlike stage N1, you lose awareness of external stimuli, and people spend most of their sleep time in this stage. Stage N3: known as slow-wave sleep, and believed to be the most restorative.

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