

## **THE SLEEP SOLUTION BOOK**



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### **AUTHOR The Sleep Solution**

The Sleep Solution Dr. Chris Winter has spent over half of his life involved in the study of sleep and the treatment of sleep disorders. As a board certified neurologist and double board certified sleep specialist, Dr. Winter brings a tremendous amount of scientific knowledge to The Sleep Solution .

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### **The Sleep Solution Book Review melioguide com**

I have read several books on sleeping, including Say Goodnight to Insomnia by Dr. Gregg Jacobs, and feel that The Sleep Solution is the most comprehensive, practical, pragmatic and realistic of them all.

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### **The Sleep Solution Why Your Sleep is Broken and How to**

He was my sleep solution; this book will be yours. Peter Moore, New York Times Bestselling Coauthor of the The Eight-Hour Diet and Former Editor of Men s Health Dr. Winter has spent his career bringing attention to the benefits of sleep, and for the first time, this book brings it all together.

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### **THE SLEEP SOLUTION by W Chris Winter Kirkus Reviews**

A no-nonsense, science-based guide to achieving restful sleep from the doctor Ariana Huffington calls the "sleep whisperer. Right off the bat, Winter, a board-certified neurologist and sleep medicine specialist, dispels a powerful sleep myth: he asserts that everyone sleeps.

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### **The Sleep Solution by W Chris Winter M D**

Dr. Chris Winter s new work, The Sleep Solution, is a jewel of a book for anyone who has struggled with sleep issues. Ron Adams, Veteran Assistant Coach, Golden State Warriors Dr. Winter is our go-to sleep specialist.

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### **The Baby Sleep Solution Book Review My Baby Sleep**

Which book you get will depend upon what methods you like, but if you are wanting just information on how sleep works, Solve Your Child's Sleep Problems or Healthy Sleep Habits, Happy Child, are great ones to get. If you want more troubleshooting information about sleep, you can check out the index on this blog or get a book like The Baby Whisperer.

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### **Frontiers Book Review The Sleep Solution Secrets for a**

Keywords: sleep, sleep disorders, sleep medicine specialty, patient education, sleep loss, sleep deprivation

Citation: Pandi-Perumal SR (2017) Book Review: The Sleep Solution: Secrets for a Good Night's Sleep.

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