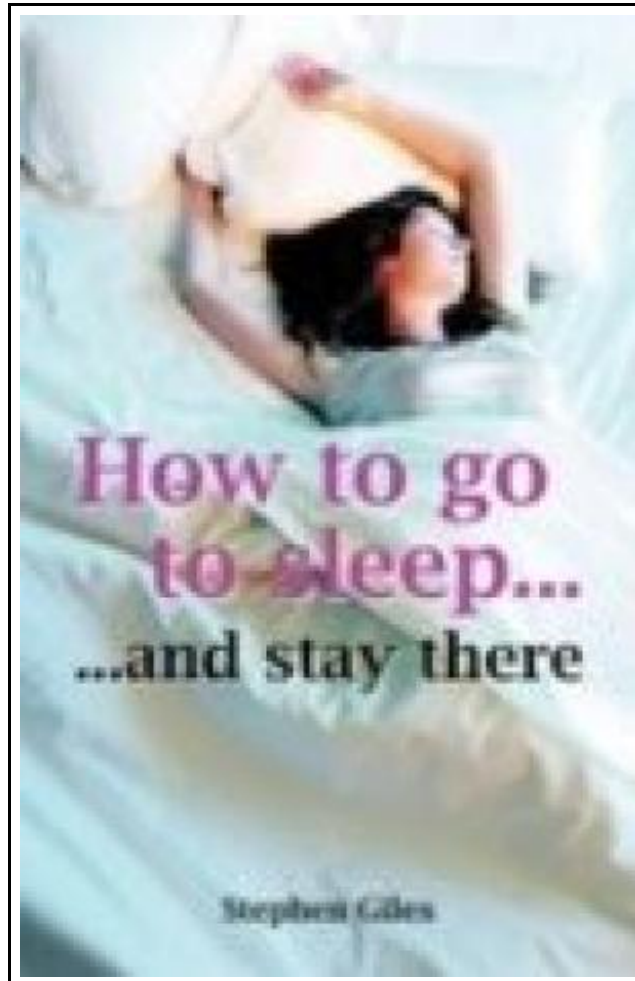


How to Go to Sleep and Stay There



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Reviews

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(Dr. Porter Mitchell)

HOW TO GO TO SLEEP AND STAY THERE



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Viva Books Private Limited, 2010. Softcover. Book Condition: New. Description: Do you dread going to bed, knowing that you'll lie awake worrying about not sleeping? There are few things more miserable than tossing and turning, night after night, unable to nod off, or waking up unable to get back to sleep. Even a couple of bad nights? sleep can leave you feeling drained and fed up. If it becomes a chronic long term problem, it can affect your work, your relationships and your happiness. That's why Stephen Giles has written How to go to sleep.and stay there. He has no vested interest, no quack remedy to sell. He just wants to know what works and what doesn't. He has interviewed experts from all sorts of fields, from neurology to feng shui, and found out what are the key factors that determine how well you sleep. In particular he checks out: ? your environment ? your routine ? insomnia treatments ? common sleep disorders Stephen Giles also tracks several case studies through their ?sleep diaries?, and reports back on his survey of self-professed insomniacs, to give a comprehensive and all-embracing handbook for anyone who spends too much time lying awake at night. Contents: Introduction: Who needs sleep? ? Part One: How do you sleep? ? Debunking some common myths; what happens when we sleep; why does sleep matter; sleep terms defined - insomnia, circadian rhythm, sleep disorders; sleep and ageing; the truth about naps; the mystery of the laxy teenager; meeting the ?guinea pigs?; what is sleep hygiene? ? Part Two: In my room-the sleep environment ? Pollution alert ? noise, light and electromagnetic fields; tackling geopathic stress; finding the right bed; keeping things cool; designing a ?haven of rest?; lighting the room, air quality; staying safe and sound ? Part...



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