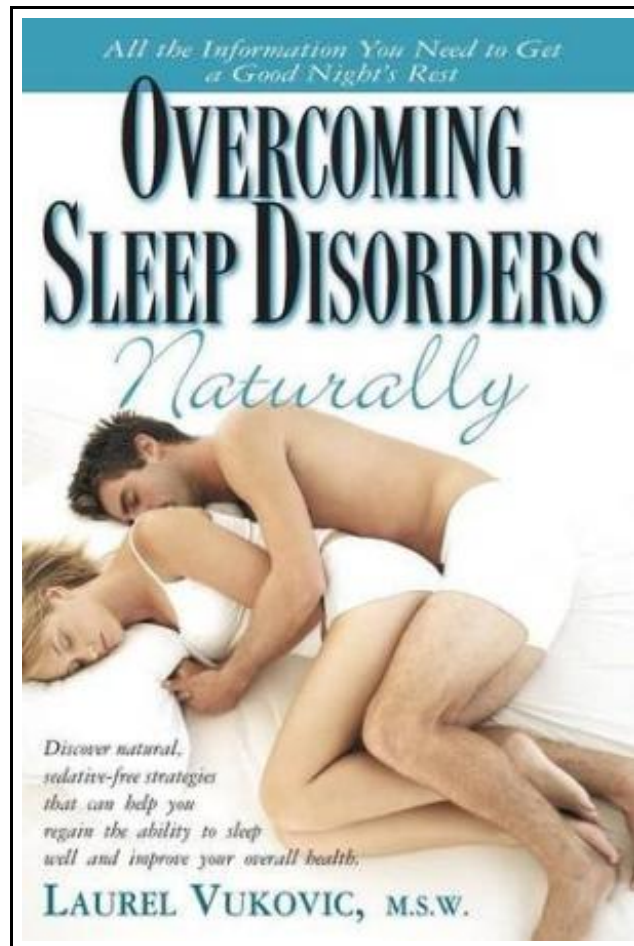


Overcoming Sleep Disorders Naturally



Filesize: 6.52 MB

Reviews

This ebook is very gripping and fascinating. It is among the most awesome ebook i have go through. I found out this publication from my i and dad advised this ebook to understand.
(Olen Shields PhD)

OVERCOMING SLEEP DISORDERS NATURALLY



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Basic Health Publications. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 8.8in. x 5.8in. x 0.5in. When a lack of restful sleep is taking a toll on one's physical, mental, or emotional well-being, a necessary first step toward resolving the problem is learning about the sleep disorder that's causing it. *Overcoming Sleep Disorders Naturally* explains, in easy-to-understand terms, the numerous factors that influence sleep and wakefulness, including: Normal sleep patterns and requirements; Circadian rhythms and neurotransmitters that regulate the sleep/wake cycle; Behaviors, thought patterns, and environmental conditions that promote or interfere with sleep; Food, energy level, and mood; Side effects of medications, caffeine, and other vice; The impact of lifestyle issues such as inactivity, jet lag, and shift work. By promoting a state of balance in the mind and body, the strategies detailed in *Overcoming Sleep Disorders Naturally* will help readers regain the ability to sleep well and improve overall health. This book also provides a handy guide to selecting and purchasing natural sleep remedies, and lists additional resources for finding sleep-related information and products. In short, *Overcoming Sleep Disorders Naturally* provides all the information readers need to get a good night's rest. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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