



Sleep Manual: Training Your Mind and Body to Achieve the Perfect Night's Sleep

By Michael J. Sateia, Wilfred R Pigeon

IMM Lifestyle Books. Mixed media product. Book Condition: new. BRAND NEW, Sleep Manual: Training Your Mind and Body to Achieve the Perfect Night's Sleep, Michael J. Sateia, Wilfred R Pigeon, Fewer than half of us say they get a good night's sleep every night or almost every night and insomnia is often described as an epidemic, with millions of sufferers. And yet a simple answer to such a common problem seems hard to find, while many people resort to drugs and medicines. "The Sleep Manual" is a commonsense approach that does not claim to offer a miracle cure. What it does do is to take a straightforward approach to identifying exactly what sleep is, why so many of us find a good night's sleep so hard to come by, what the most common sleeping disorders are, and offers a comprehensive guide to sensible ways in which insomnia can be tackled. It includes advice and information from leading experts alongside interactive exercises and sleep logs to create a self-contained sleep workshop. A reassuring and accessible text is accompanied by soothing visuals that point the reader towards the essentials of seeking relaxation during the day in order to more easily discover a...



READ ONLINE
[1.94 MB]

Reviews

Merely no words and phrases to describe. I am quite late in start reading this one, but better then never. I found out this ebook from my i and dad encouraged this pdf to find out.

-- Hyman Auer

I actually started out looking over this publication. It can be writter in easy phrases and never difficult to understand. Your lifestyle span will probably be transform as soon as you comprehensive looking over this ebook.

-- Prof. Dayne Crist Sr.