



Insomnia: Don t Lose Sleep Over It.Find the Help You Need

By Linda K DeVries

Shaw (Harold) Publishers, U.S., United States, 2000. Paperback. Book Condition: New. 211 x 135 mm. Language: English . Brand New Book ***** Print on Demand *****. More than 130 million American adults have sleep-related problems. If you or someone you love is one of them, you know how monstrous insomnia can be. But there's hope! Linda DeVries offers up-to-date information about the causes and treatments of sleep disorders. There are self-tests to help you identify the physical and emotional factors contributing to your insomnia and loads of tips for sleeping better. Find out: -what type of insomnia you have-how much sleep you really need-what kind of environment is most conducive to sleep-how a spiritual connection can make a difference-when professional help may be needed-how to help a sleepless child or spouse. What you read here will help take the dread out of going to bed.



[DOWNLOAD PDF](#)



[READ ONLINE](#)

[5.77 MB]

Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- **Romaine Rippin**

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**