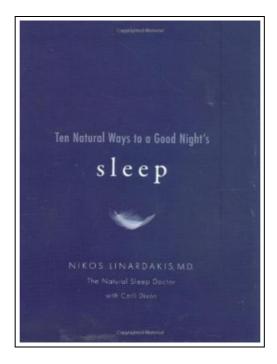
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Reviews

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(Lexie Paucek PhD)

TEN NATURAL WAYS TO A GOOD NIGHT S SLEEP (HARDBACK)



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Gibbs M. Smith Inc, United States, 2007. Hardback. Condition: New. Language: English. Brand New Book. Ten Natural Ways to a Good Night's Sleep offers simple and natural solutions for achieving a lifetime of healthy sleep. Nearly half of all Americans say they suffer from insomnia or sleep-related disorders-yet most don't even know how much sleep they really need! This innovative book by America's Natural Sleep Doctor Dr. Nikos Linardakis explains why we need sleep, how our sleep needs change throughout life, how important our sleep environment is, and how to identify whether or not there is a serious problem such as sleep apnea, narcolepsy, pulmonary disease, or another underlying medical issue. Forget the harsh chemicals and prescription sleep aids, learn instead how to achieve natural, restful sleep to achieve a longer, healthier, and more productive life.



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