



Sleep Tight: Sleep Well Tonight and Every Night (Paperback)

By James M Brunton

Createspace, United States, 2010. Paperback. Book Condition: New. 214 x 138 mm. Language: English . Brand New Book ***** Print on Demand *****.Like increasing numbers of people, you probably don't get enough sleep. You could suffer from insomnia and feel tired all the time. Our lifestyle pushes sleep into the background - something that can be cut down or done without. Now, research reveals the importance of regular sleep as an integral part of optimal health. Failing to get the right amount of sleep can make you ill. Sleep Tight reveals how lack of sleep can cause you to put on weight, look older, develop chronic illness or make you a danger at the wheel. It explains how much sleep you need, the part played by your body clock, sleep debt and jet lag. Sleep Tight lists many straightforward things you can do to overcome insomnia quickly. They may be all you need to improve your sleep pattern. You will discover more about sleep disorders, and possible solutions. Discover the alternative therapies that have provided welcome relief for sleep problems. Note both benefits and problems with sleeping pills and OTC sleep products. Sleep Tight provides an overview of sleep,...



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