

5 Natural Sleep Aids



The Audio Guide To Natural Sleep

Nahid Ahmed

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Making Life More Livable Ellen Lederman,1994-11 The ultimate comprehensive resource to getting some extra help and cushioning some of the challenges of aging [The Healing Power of Sleep](#) Sheila Lavery,1997 From a discussion of the enemies of sleep including jet lag artificial stimulants anxiety and depression to practical techniques for getting a good night s sleep this book covers every aspect of a problem that plagues millions and explains the importance of sleep in maintaining a healthy lifestyle Includes charts questionnaires and full color illustrations **The Sleep Blueprint: A Science-Based**

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Performance Ted Carter,Jack A. Stark, [National Library of Medicine Audiovisuals Catalog](#) National Library of Medicine (U.S.), [Words on Cassette, 2002](#) R R Bowker Publishing,2002 **The Publishers Weekly** ,2001 [On Cassette ,1991](#)

Wide Awake Patricia Morrisroe,2010-05-04 A fourth generation insomniac Patricia Morrisroe decided that the only way she d ever conquer her lifelong sleep disorder was by becoming an expert on the subject So armed with half a century of personal experience and a journalist s curiosity she set off to explore one of life s greatest mysteries sleep Wide Awake is the eye opening account of Morrisroe s quest a compelling memoir that blends science culture and business to tell the story of why she and forty million other Americans can t sleep at night Over the course of three years of research and reporting Morrisroe talks to sleep doctors drug makers psychiatrists anthropologists hypnotherapists wake experts mattress salesmen a magician an astronaut and even a reindeer herder She spends an uncomfortable night wired up in a sleep lab She tries sleep restriction and brain music therapy She buys a high end sound machine custom made ear plugs and a quiet house in the country to escape her noisy neighbors in the city She attends a continuing medical education course in Las Vegas where

she discovers that doctors are among the most sleep deprived people in the country She travels to Sonoma California where she attends a Dream Ball costumed as her dream self To fulfill a childhood fantasy she celebrates Christmas Eve two hundred miles north of the Arctic Circle in the famed Icehotel tossing and turning on an ice bed Finally after traveling the globe she finds the answer to her insomnia right around the corner from her apartment in New York City A mesmerizing mix of personal insight science and social observation Wide Awake examines the role of sleep in our increasingly hyperactive culture For the millions who suffer from sleepless nights and hazy caffeine filled days this humorous thought provoking and ultimately hopeful book is an essential bedtime companion It does however come with a warning Reading it will promote wakefulness Digital Audio's Guide to Compact Discs Larry Canale,1986 **Words on Cassette, 1999** Bowker Editorial Staff,Staff Bowker R R,Bowker,1999-02 **Books in Print Supplement** ,2002 **Subject Guide to Books in Print** ,1991

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