



Getting a Good Night's Sleep (Cleveland Clinic Guides)

Nancy Foldvary-Schaefer

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We write off restless nights as a way of life, not realizing that sleep ranks in importance with diet and exercise as vital to our health. Many Americans - 70 million of us, to be exact - are sleep-deficient. We often regard sleep as not critical but extracurricular and optional. This attitude is dangerous and detrimental to our health. This book gives the sleepless what they need: real, substantive information from a source that is trusted by people all over the world. It provides a straightforward and clear examination of sleep problems and serves as a complete home reference for anyone.

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