



# **Sleep Like a Baby: Why can't you sleep? Educate yourself so that you can "Sleep Like a Baby!"**

*Margie Slinger*

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## **Sleep Like a Baby: Why can't you sleep? Educate yourself so that you can "Sleep Like a Baby!"**

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A must read for all insomniacs. Easy to read with explanations, advice and solutions that are very do-able. This is a self-help book that really helps. Written with a hint of humor and lots of personal experience, you certainly won't nod off to sleep in boredom reading it. Understand why you are having sleepless nights and what you can do about it.

Insomnia and sleep disorders end with "Sleep like a baby"

Some of the things you will learn in Sleeping like a Baby. .

- What is sleep and how much we need.
- What causes insomnia.
- What are sleeping disorders.
- All about night terrors.
- The special needs of Night and shift workers.
- Sleep deprivation when you are sick or in pain.
- How electromagnetic radiation stops us sleeping including scientific research.
- How where you live could stop you from sleeping.
- Simple practical steps from experts to getting the sleep that we need.

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