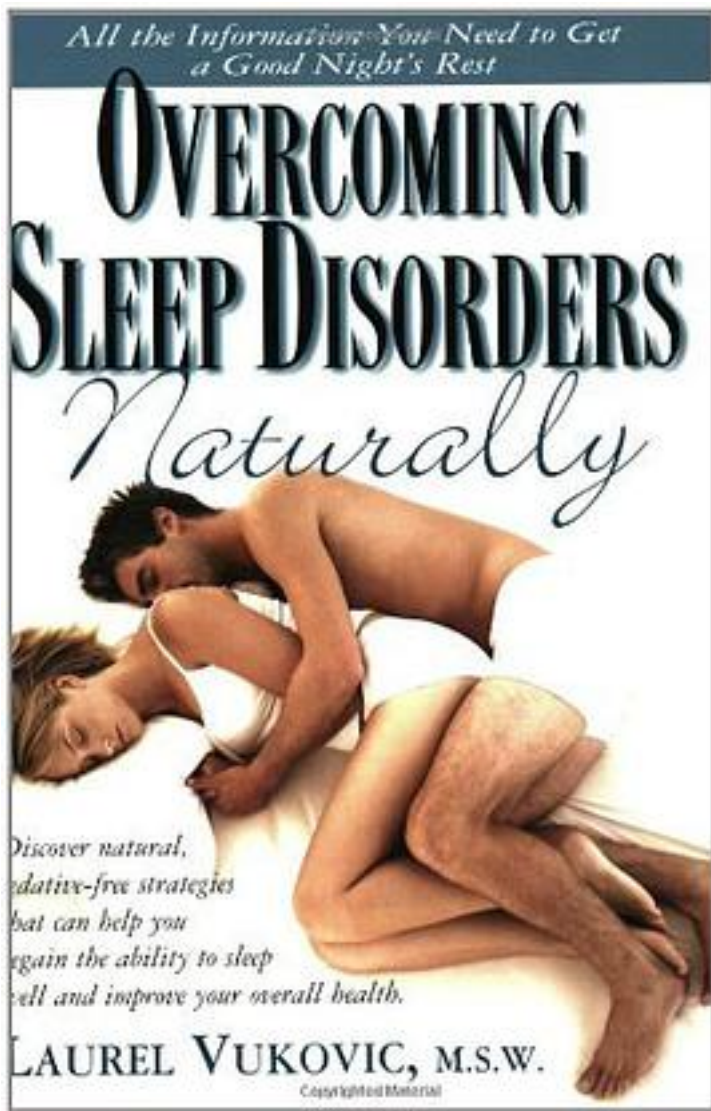


# Overcoming Sleep Disorders Naturally



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This book explains, in easy-to-understand terms, the numerous (and sometimes complicated) factors that influence sleep and wakefulness. Although sleep deprivation is so commonplace in our stress-filled society that it is taken for granted, "sleep debt" is actually very costly. This title will help readers regain the ability to sleep well and improve overall health. This book also provides a handy guide to selecting and purchasing natural sleep remedies and lists additional resources for finding sleep-related information and products.

作者介绍:

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