

The Little Of Sleep

Catherine Carroll

The Little Of Sleep:

The Little Sleep Paul Tremblay, 2009-03-03 The wickedly entertaining debut featuring Mark Genevich Narcoleptic Detective Mark Genevich is a South Boston P I with a little problem he s narcoleptic and he suffers from the most severe symptoms including hypnagogic hallucinations These waking dreams wreak havoc for a guy who depends on real life clues to make his living Clients haven t exactly been beating down the door when Mark meets Jennifer Times daughter of the powerful local D A and a contestant on American Star who walks into his office with an outlandish story about a man who stole her fingers He awakes from his latest hallucination alone but on his desk is a manila envelope containing risqu photos of Jennifer Are the pictures real and if so is Mark hunting a blackmailer or worse Wildly imaginative and with a pitch perfect voice Paul Tremblay's The Little Sleep is the first in a new series that casts a fresh eye on the rigors of detective work and introduces a character who has a lot to prove if only he can stay awake long enough to do it The Little Book of Sleep Nerina Ramlakhan, 2025-02-13 What does it mean to get a good night's sleep It's not just about quantity It's about getting the right type and quality of sleep To sleep deeply we need to live deeply This means that we need to reconnect with ourselves and our inner stillness It s not surprising that in the Western world practices such as yoga and mindfulness have become popular as more people seek inner peace and grounding to counterbalance the frenetic pace of life The kind of sleep where we wake up feeling refreshed filled with vitality and looking forward to the day ahead will not only heal us but also heal those around us Sleep expert Dr Nerina Ramlakhan explains why a good night's sleep is essential in today's demanding 24 7 technology driven world introduces us to the science of sleep and teaches us that the secret of good sleep is to get out of our heads and back into our bodies Featuring beautiful illustrations and simple exercises this is the perfect little book to help you Wake up with energy and vitality Fully engage in your relationships with courage and open heartedness Strengthen your immune system Feel creative and focused Live life with meaning passion and inspiration North Carolina Education ,1920

The Little Book of Sleep Lisa Dyer,2021-10-14 The Little Book of Sleep has all the information you need to enhance your life with a good night's sleep How much sleep is normal What might be preventing you from sleeping well This trusty tome deals with both of these questions and more The Little Book of Sleep shows which foods are over stimulating and which are calming looks at dreams and what they mean provides advice on surviving long plane journeys and avoiding the dreaded jetlag and ends with a few sleepy myths that will have you nodding off in no time Top Tips to Ease the Stress There are some ways to make shift work more bearable 1 When you are working make sure the light is bright and when you are meant to be sleeping make sure the room is dark 2 Don t wait until the night you start your shift to change sleeping patterns Try to go to bed a little later each night in order to anticipate the change it will make to your wake sleep patterns 3 Eat proper meals and don t resort to convenience food and alcohol to help you wind down You will cope better if you eat nourishing food

The Adventures of Aries. The Little Bear That Couldn't Sleep. Brian Tomkins, 2013-11-06 Aries is an unusual little bear Her

great great great grandfather was a polar bear and she has inherited white ears and white paws that mark her out as unusual amongst the other brown bears The Little Girl Who Couldn't Sleep Catherine Carroll, 2017-04-28 It's midnight and the silver moon is looking down on the sleepy world below Somewhere in the world a little girl can t sleep The moon goes searching for her coming across a sleepy fox a tired bird and an exhausted mouse but they are all too tired to tell the moon where he can find her Can the wise old owl tell the moon where he can find the little girl The Little Dream John The Little Book of Cannabis Amanda Siebert, 2018-10-17 A pragmatic and informative look at better living through cannabis Cannabis Weed Bud Whatever you choose to call it it s been a health aid comfort and life enhancer for humankind for more than three thousand years But while cannabis is used by hundreds of millions of people around the world more than a century of prohibition has resulted in confusion about its status Is it healthy Is it medicinal Will it make you crazy In this fun illuminating book cannabis journalist Amanda Siebert delves deep into the latest research to separate marijuana fact from fiction revealing ten evidence based ways this potent little plant can improve your life She speaks with some of the world's top researchers medical professionals and consultants to answer questions such as Can cannabis help you get a full night's sleep Does it aid in exercise and weight loss Can it really cure cancer. She also offers practical advice for maximizing its benefits including easy to follow step by step instructions for how to enjoy everything from joints to edibles CBD oil to oral sprays as well as examples of real people who have used cannabis to enhance their lives This powerful plant it turns out could be life changing it can enrich any diet slow down aging and even spice things up in the bedroom Precious Little Sleep Alexis Dubief, 2020-10-19 Aren t babies precious So is sleep Your baby is capable of sleeping through the night and this book will show you how A whip smart and entertaining guide that focuses on WHY babies sleep the way they do this book arms you with evidence based and flexible tools that work for every unique situation so that you can teach your baby how to sleep well This book will help you tackle the thorniest sleep snags including Navigating the tricky newborn phase like a pro Getting your child to truly sleep through the night Weaning off the all night buffet Mastering the precarious tango that is healthy napping Solving toddler and preschooler sleep struggles Sleep expert Alexis Dubief of the wildly popular website podcast and group Precious Little Sleep imparts effective accessible and flexible strategies based on years of research that will dramatically improve your child's sleep You ll love the practical solutions and the way she presents them And it works Collected Poems Horace Smith, 1908 Buy it now

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