

# The *Sleep* Management Plan

- *Add hours to your week*
- *Increase your energy*
- *Improve your sleep*
- *Bring balance to your life  
by using this simple,  
easy-to-follow program*

*Dale Hanson Bourke*

*Foreword by Wallace B. Mendelson, M.D.*

# Sleep Management Plan

**Sabine Zange**



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