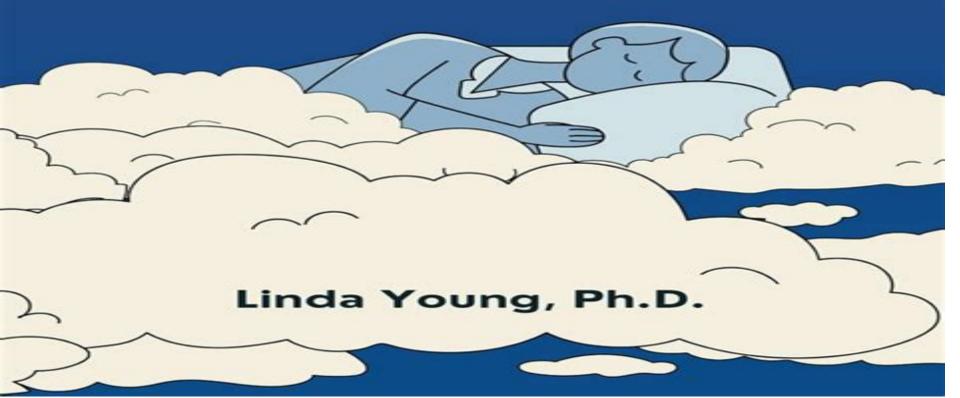
# \* Why Can't I Get to Sleep?

A Handbook for Overcoming Common Sleep Problems



# **Sleep Handbook**

**Janet Vandenhoeck** 



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