

# SLEEPING WELL

## The Sourcebook for Sleep and Sleep Disorders



- An understanding of the stages of sleep
- Different forms of sleep disorders and how they function
- How sleep disorders impact waking hours
- Drug therapies for treating sleep disorders

- Sleep-related health issues
- The most current medical research regarding sleep
- Several sleep issues

# Sleeping Well The Sourcebook For Sleep And Sleep Disorders

**Lei Huang**



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Sourcebook of Psychological Treatment Manuals for Adult Disorders Michel Hersen,Vincent B. Van Hasselt,2013-11-11

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