

# Sleep Right in Five Nights

A CLEAR AND  
EFFECTIVE  
GUIDE FOR  
CONQUERING  
INSOMNIA

JAMES PERL, PH.D.

# Sleep Right In Five Nights A Clear And Effective Guide For Conquering Insomnia

**Richard Graber**



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get the sleep your body has been craving Sleep is critically important to our health and cognitive function as well as our mental and emotional well being yet studies have shown that 36 percent of Americans are not getting the sleep they need How to Get a Good Night s Sleep is the solution manual everyone needs whether or not you feel sleep deprived So many people with poor quality sleep don t even realize they re not sleeping well until they finally do and wake up happy bright refreshed energized and ready to take on the day Packed with the rituals habits attitudes and rhythms and overall health advice that improves sleep quality this book can show you how to sleep better than ever before *The Healthy Mind, Healthy Body Handbook* David Stuart Sobel,Robert Evan Ornstein,1996 A valuable new kind of prescription for health and

well being It offers easy to understand practical advice on improving physical health and leading a happier more productive life This book not only explains the important benefits of a healthy mind and body in simple understandable language but gives you practical ways to improve how you feel today From how to manage stress moods and illness to communicating effectively this book offers guidance that can make a positive impact on your life now and in the future **On Your Own**

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