Get the scoop on sleep problems and get the rest you need

# Sleep Disorders

DUMMIES

## Max Hirshkowitz, PhD, DABSM

Associate Professor, Baylor College of Medicine Departments of Psychiatry and Bledicine

### Patricia & Smith

Medical journalist and coauthor of Albheimer's For Bummles

Foreword by William C. Dement, MD, PhD Founder and Director of Stanford Sleep Research & Disorders Center

A Reference for the Rest of Us!



# **Sleep Disorders For Dummies**

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