

THE SCIENCE OF SLEEP

The Scientific Guide to Ideal Sleep



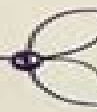
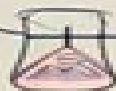
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The Path to Healthy Sleep
Balancing Body and Mind through Sleep

Sleep A Scientific Perspective

Demitri Papolos, M.D., Janice Papolos

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