

The *Sleep* Management Plan

- *Add hours to your week*
- *Increase your energy*
- *Improve your sleep*
- *Bring balance to your life
by using this simple,
easy-to-follow program*

Dale Hanson Bourke

Foreword by Wallace B. Mendelson, M.D.

Sleep Management Plan

**U.S. Army Research Institute for the
Behavioral and Social Sciences**



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