

THE SCIENCE OF SLEEP

The Scientific Guide to Ideal Sleep



Slope



GABA



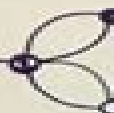
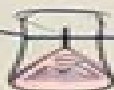
Dopamine

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The Path to Healthy Sleep
Balancing Body and Mind through Sleep

Sleep A Scientific Perspective

Silvana Amar



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