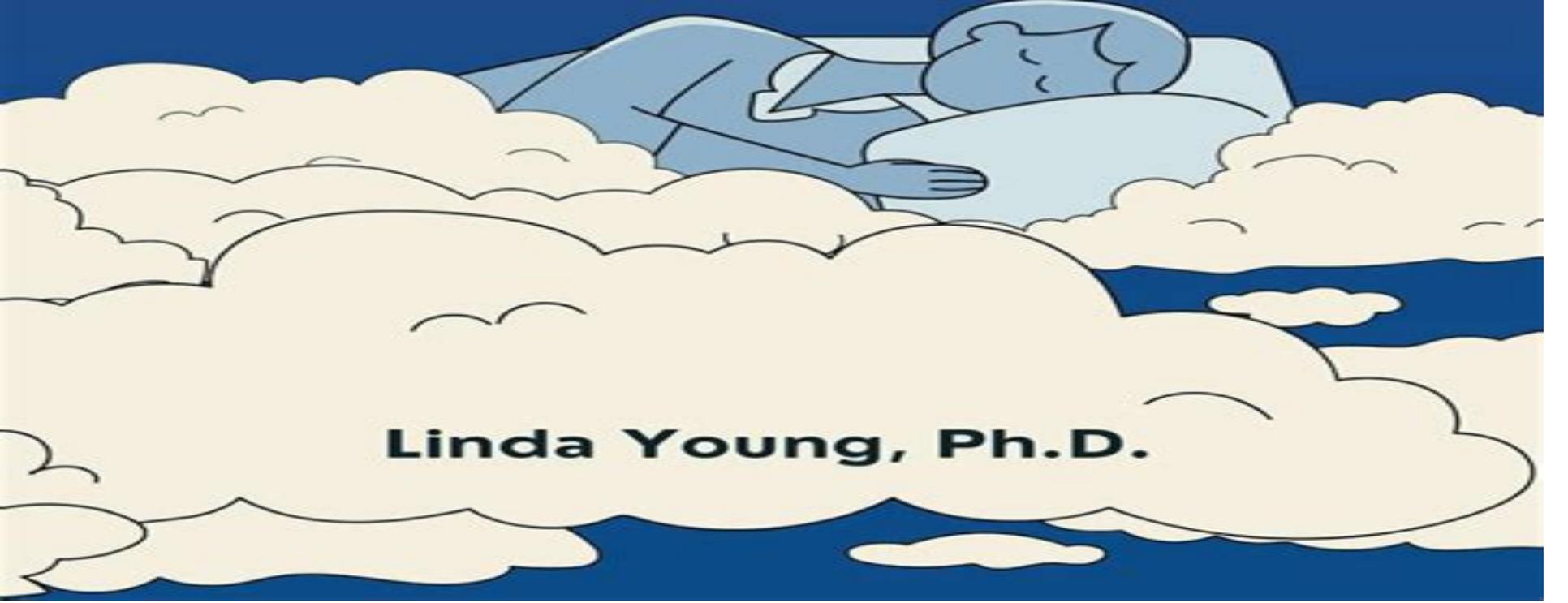




# Why Can't I Get to Sleep?

A Handbook for Overcoming  
Common Sleep Problems



**Linda Young, Ph.D.**

# Sleep Handbook

**Yan Bai**



## **Sleep Handbook:**

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[Sleep Disorders Handbook](#) Peretz Lavie, Giora Pillar, Atul Malhotra, 2002-06-27 Recent years have seen the rapid development of sleep medicine as a new medical subspecialty It is estimated that at least 30% of the adult population suffer at least once from some sort of sleep disturbance Patients with sleep disorders are frequently among the most difficult to treat and account for a high percentage of absenteeism in the workp

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*The Good Sleep Guide* Timothy Sharp,2003-08-08 Given that 80% of people have experienced sleep problems and 30% suffer from chronic or long term sleep problems Timothy Sharp s *The Good Sleep Guide* is an essential tool for reducing the amount of time we spend lying awake watching the minutes and hours tick by Based on his own research Dr Sharp addresses lifestyle issues as well as physical and psychological problems that interfere with sleep These include diet medication alcohol and caffeine as well as depression anxiety and relationship difficulties He offers a commonsense approach that includes specific relaxation techniques and tips to establish a good sleep routine [A Handbook of therapeutics c.2](#) Sydney Ringer,1879 **The Traveller's Handbook to Algeria and Tunisia** Thomas Cook (Firm),1926 The enclosed information is mainly from first hand knowledge relied on from the assistance of travellers who with their own experience are able to point out any inaccuracy Revised and brought up to date by competent authorities with archaeological notes by a scholar recently

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Senhouse Kirkes, William Marrant Baker, Vincent Dormer Harris, 1885 Handbook of Clinical Interviewing With Children

Michel Hersen, Jay C. Thomas, 2007-08-08 The Handbook of Clinical interviewing with Children presents a combination of theory and practice plus concern with diagnostic entities for readers who work or one day will work with children and their parents and teachers in clinical settings

**Clinical Handbook of Insomnia** Hrayr P. Attarian, 2003-08-29 Expert clinicians and researchers provide practicing primary health care providers the first clinically oriented comprehensive textbook devoted to the evaluation and treatment of insomnia Summarizing the latest findings published in a wide variety of medical journals these experts concisely review the primary insomnias and those due to medical neurological and psychiatric problems and to fully discuss the latest pharmacological and nonpharmacological treatments for insomnia A simple algorithm for the differential diagnosis of insomnia is included

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