



Overcoming Sleep Disorders Naturally

By Laurel Vukovic

Basic Health Publications. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 8.8in. x 5.8in. x 0.5in. When a lack of restful sleep is taking a toll on one's physical, mental, or emotional well-being, a necessary first step toward resolving the problem is learning about the sleep disorder that's causing it. Overcoming Sleep Disorders Naturally explains, in easy-to-understand terms, the numerous factors that influence sleep and wakefulness, including: Normal sleep patterns and requirements; Circadian rhythms and neurotransmitters that regulate the sleep-wake cycle; Behaviors, thought patterns, and environmental conditions that promote or interfere with sleep; Food, energy level, and mood; Side effects of medications, caffeine, and other vice; The impact of lifestyle issues such as inactivity, jet lag, and shift work. By promoting a state of balance in the mind and body, the strategies detailed in Overcoming Sleep Disorders Naturally will help readers regain the ability to sleep well and improve overall health. This book also provides a handy guide to selecting and purchasing natural sleep remedies, and lists additional resources for finding sleep-related information and products. In short, Overcoming Sleep Disorders Naturally provides all the information readers need to get a good night's rest. This item ships from multiple locations. Your book may...



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It is fantastic and great. It usually will not charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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