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Insomnia Other Sleep Disorders: A Comprehensive Guide to Their Causes Treatment (Paperback)

By Ruth Lever Kidson

Sphinx House, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.There are many effective treatments for insomnia, but the key to finding the right one for any individual can depend very much on the cause of that insomnia. This book aims to make the choice of treatment easier by helping readers first to determine the cause of their sleep disturbances, and then to find an appropriate treatment. As well as the several different forms of insomnia, it covers other sleep disturbances including snoring, sleep apnea, restless legs syndrome, narcolepsy and circadian rhythm (body-clock) disorders. It describes a wide range of self-help methods and examines and explains the use, benefits and drawbacks of orthodox medication, behavior therapy, and eighteen complementary therapies. Numerous over-the-counter treatments, including essences, herbs, nutritional supplements and homeopathic remedies are covered, together with the particular circumstances where they are likely to be helpful. The author is a qualified doctor, medical hypnotherapist and complementary therapist.



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Reviews

It is really an awesome ebook that we actually have actually study. It can be loaded with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

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Comprehensive guide! Its this sort of very good go through. It generally is not going to price too much. Its been designed in an remarkably basic way which is simply following i finished reading this pdf where really changed me, affect the way i really believe.

-- **Prof. Jeremie Blanda DDS**