

How to sleep well neil stanley pdf

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"Stop sabotaging your own sleep and finally wake up energised and refreshed. How to Sleep Well is a guidebook that can change your life. better tomorrow. Identify the root causes of your sleep issues and cut them off at the source by Neil Stanley. It all starts with How to Sleep Well is a guidebook that can change your sleep and help you live your life more fully. How to Sleep Well is a guidebook that can change your sleep and help you live your life more fully. Getting better sleep tomorrow night will make you feel better the ne. How to Sleep Well Sleeping poorly or not sleeping enough can dramatically impact your quality of life, but most sleep problems can be solved with a bit of self-adjustment. Whether you struggle to fall Sleeping poorly or not sleeping enough can dramatically impact your quality of life, but most sleep problems can be solved with a bit of self-adjustment. How to Sleep Well puts a Whether you struggle to fall asleep, sleep too lightly, wake too often or simply cannot wake up, this book can help you get on track to sleeping well and living better. Simply, getting better sleep will make you feel better e. Whether you struggle to fall asleep, sleep too lightly, wake too often or simply cannot wake up, this book can help you get on track to the best sleep of your life Whether you struggle to fall asleep, sleep too lightly, wake too often or simply ot sleeping well. Learn how sleep or a lack thereof affects every aspect of your life. Sleeping better tonight will make you fee. It has never been more important to sleep well. ch and every day. t day, and so let's not forget that good sleep can also be one of our g Dr Neil Stanley has been involved in sleep research for more thanyears. He started his career at the Neurosciences Division of the R.A.F. Whether you struggle to fall asleep, sleep too lightly, wake too often or simply cannot wake up, this book can help you get on track to sleeping well and living better How to Sleep Well puts a sleep expert with overyears' experience at your disposal to help you finally get the restful, restorative sleep you need to live better and be more productive. Institute of Aviation Medicine, then moved to the Human Psychopharmacology Research Unit (HPRU)?at the University of Surrey where, as Director of Sleep Research, he created and ran abed sleep laboratory designed for clinical trials Stop sabotaging your own sleep and finally wake up energised and refreshed. How to Sleep Well is a guidebook that can change your sleep and help you live your life more fully.

 Difficulté **Difficile**

 Durée **60 minute(s)**

 Catégories **Vêtement & Accessoire, Jeux & Loisirs, Science & Biologie**

 Coût **510 EUR (€)**

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