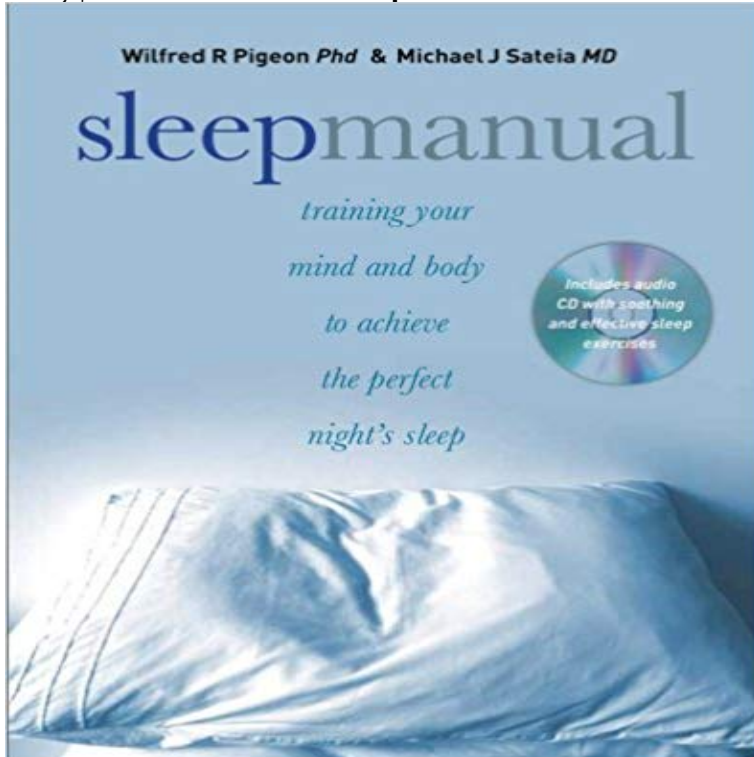


Sleep Manual: Training Your Mind and Body to Achieve the Perfect Night's Sleep



According to a 2005 survey by the American National Sleep Foundation, fewer than half of Americans say they get a good night's sleep during most nights. Sleep Manual presents practical ways in which readers can tackle sleep disorders and make sleeping more relaxing and restorative. The authors explain sleep in scientific terms and identify common sleep disorders. Among them is sleep apnea, a respiratory condition that produces frequent, brief sleep interruptions throughout the night and is characterized by heavy snoring. Preventive measures and effective treatment methods to counter sleep apnea, as well as several other sleep disorders, are clearly spelled out. Insomnia, the most common sleep disorder, receives particular attention; its various causes and the medically proven ways in which sufferers can overcome it are detailed. Fundamental steps start with accurately identifying the type of sleep disturbance and then developing a personal sleep program to address it best. Relaxation exercises are described, but maintaining an optimal bedroom environment for sleep is just as important. The authors discuss transforming the bedroom into a true sleep sanctuary and synchronizing the brain and body to facilitate refreshing and restorative sleep. Enclosed with the book is an audio compact disc presenting relaxation exercises, behavioral strategies, and other useful tools designed to help induce and maintain sleep. Illustrated throughout.

Digite algo e pressione Enter

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VIDEOS CANAL

QUEM SOMOS

Seja Bem Vindo

E conhecereis a verdade, e a verdade vos libertará. João 8:32

CANAL SEGUINDO A VERDADE

Mensagem da semana - Semeai em Justiça

Mensagem da semana - Semeai em Justiça

A Bíblia em 1 minuto - 1 Pedro 5:7-8

A Bíblia em 1 minuto - 1 Pedro 5:7-8

Mensagem da semana - Pedindo e recebendo

Mensagem da semana - Pedindo e recebendo

Mensagem da semana - Andar no Espírito

Mensagem da semana - Andar no Espírito

1

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...

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Próximo »

MENSAGENS

Não Desista Nunca!

Não Desista Nunca!

Existem pedras. Não desista de andar! Existem barreiras. Não desista de passar! Existem os nós. É preciso desatar! ...

[leia mais]

Vale sempre a pena

Vale sempre a pena

Nem tudo o que você fizer bem será elogiado. Haverá momentos em que tentará com muito esforço demonstrar um bom

coração ... [leia mais]

O Deus do impossível

O Deus do impossível

Um jovem que trabalhava no exército era humilhado por ser cristão. Um dia seu superior querendo humilhá-lo na frente

d... [leia mais]

Deus sabe o que faz

Deus sabe o que faz

Conta-se que um homem chamado Okiba teve que abandonar sua terra por motivos particulares, e, assim, peregrinou em

reg... [leia mais]

FANPAGE

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