

Dr Simon Atkins



First Steps through **Insomnia**



First Steps Through Insomnia

Brendan G. Carr



First Steps Through Insomnia:

First steps through Insomnia Simon Atkins,2014-03-21 Are you one of the many people who struggle to sleep at night and to stay awake during the day Does sleep or the lack of it dominate your life ruin your days and make everything twice as difficult as it should be Do you or the person you share a bed with snore Or do you have trouble getting your teenager into bed at night and out of it again the next morning If so *First Steps through Insomnia* is for you Written by a GP with years of experience in helping his patients with all kinds of sleep related conditions this practical book will take you through the right steps toward a life of blissful refreshing slumber *First Steps* is a successful series of short affordable self help books on a range of key topics Other titles in the series include *Menopause* *Divorce* *Weight Problems* *Anxiety* *Bereavement* *Depression* *Eating Disorders* *Problem Gambling* and *Problem Drinking* *Handbook of Sleep Disorders* Clete A. Kushida,2008-12-22

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