



Tired But Wired: How to Overcome Sleep Problems: the Essential Sleep Toolkit (Paperback)

By Nerina Ramlakhan

Souvenir Press Ltd, United Kingdom, 2010. Paperback. Condition: New. Language: English . Brand New Book. Exploring the underlying causes of common sleep problems, this guide offers solutions for how they can be easily overcome, revealing the potential for reclaiming a healthy balance in life. Acknowledging the breakneck speed of daily existence and how most people retire for the evening so exhausted they are unable to fall asleep, this handbook discusses the author's Sleep Toolkit, a set of tried-and-true methods that has been developed with thousands of former patients, from burnt-out executives to mothers struggling with the demands of children and a full-time job. Overturning the myth that the average person requires eight hours of sleep every night, this examination argues that fewer hours of quality, restorative sleep are more valuable, presenting practical and accessible steps towards gaining an inner equilibrium that is physically and emotionally revitalizing. Unveiling the key to discovering natural rhythms, this reference is guaranteed to fit any lifestyle or personality, providing all the essential habits and routines necessary for optimal sleep.



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