



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

A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e book. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

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Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

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