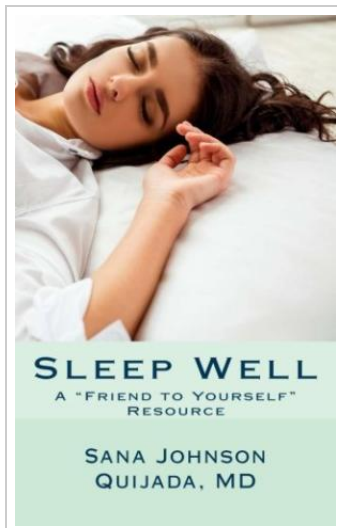




## Sleep Well: A Friend to Yourself Resource (Paperback)

By Sana Johnson Quijada MD

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. In a culture that demands our time, our attention, and our energy 24-7, sleep has gotten a bad reputation. A full night of rest can feel like a weakness, an indulgence, something selfish. But sleep, says Dr. Sana Johnson Quijada, is critical to our mental and physical health. And when we re not getting enough quality sleep, our lives suffer. Sleep Well explores the reasons why we sabotage healthy sleep patterns, identifies our unique sleep temperaments, unpacks some of the most common medical issues that affect our sleep, and offers practical, positive, and achievable goals for sleeping better. From a daily sleep log to the 12 Rules of Sleep Hygiene, readers will find the motivation and tools to get the rest they need. This new edition of Dr. Quijada s popular book has brand new chapters about sleep anxiety, sleep apnea, and more. Make an investment in one of the most important things you can do for your health and happiness: get a good night s sleep. Dr. Johnson-Quijada s engaging book will show you why this is necessary...



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