



How to Sleep Better

Charlie Wardle

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This book is a practical self-help guide for anyone who struggles with their sleep - and that is a lot of people! It explains what sleep is, why it is so important to our health and wellbeing and looks at the many and wide-ranging factors that can prevent us from sleeping well. It also shows how we may overcome these issues so we can improve our sleep and lead a happier and healthier life.

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