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365 Ways to Get a Good Night's Sleep

Ronald L. Kotler, Maryann Karinch

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We spend about one third of our lives asleep?but we still feel tired. Without a good eight hours, we end up head-bobbing at work and drinking enough coffee to fuel a jet!This book addresses the surprisingly complex issue of sleep in easy-to-tackle steps. This *exhaustive* guide brings shuteye within reach as it explains how to:

- Pay back a sleep debt
- Nap without throwing off nighttime rest
- Deter disturbing dreams
- Handle a sleepwalker (or night-eater!)
- Take a bite out of teeth grinding, and more!

It’s usually not a good thing for a book to put you to sleep. But this one-way ticket to dreamland will help you go from *counting sheep* to *fast asleep*!

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