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Titolo	A Good Night's Sleep : A Drug-Free Solution
Pubbl/distr/stampa	Rochester : , : Inner Traditions International, Limited, , 2008 ©2008
ISBN	1-59477-763-2
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (102 pages)
Collana	Informacion de salud para las personas de la tercera edad
Disciplina	616.8/4982
Soggetti	Sleep Sleep disorders Insomnia
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Title from title screen (viewed Apr. 3, 2009) "Julio de 2003"--P. 10.
Nota di contenuto	Intro -- Title Page -- Contents -- Introduction -- 1. Stress-Free Days for Tranquil Nights -- 2. Developing Your Inner Powers -- 3. Keeping a Sleep Diary -- 4. Techniques to Enrich Your Life -- 5. Power-Boosting Techniques and the Nature of Sleep -- 6. The Peaceful Sleep Approach to the Day and Night -- 7. How to Use the Peaceful Sleep Bedtime Routine -- Conclusion -- Resources -- Recommended Reading -- About the Author -- About Inner Traditions -- Books of Related Interest -- Copyright.
Sommario/riassunto	Learn how to use visualization, breathwork, and meditation to break the patterns and frustration of insomnia. A Good Night's Sleep explains how to retrain the body to sleep solidly.