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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2004-04-01 Pages: 155 Publisher: Hunan Science and Technology Press title: the power of sleep Price: 32.00 yuan Author: Edited by Seiler Vila. Color incense Translation Publishing House: Hunan Science and Technology Publishing Date :2004-4-1ISBN: 9787535738950 Words: 220000 Page: 155 Edition: 1 Binding: Paperback: Weight: Editor's Choice is a global issue 5.000.000 sleep book. Poor sleep lead to the unhealthy sleep has a very important role to maintain the best features of the immune system. insomnia may result in increased risk of infection disease. to have significant impact on the quality of life. You to lose sleep where? The book provides an effective way to alleviate insomnia to people yearn for sleep health. The EXECUTIVE SUMMARY sleep is a nocturnal. it can restore balance and replenish their energy. can promote wound healing and promote growth. The power of sleep, the book is a rare self-therapy guide. The book explains in detail Sleep generation of brain wave activity during sleep. changes in body temperature. One-tenth of the people was the lack of sleep. the more people are not satisfied with the quality of their sleep. Many people can not adhere to the high efficiency of work because of the lack of sufficient sleep. It is noteworthy that reliable information about sleep is hard to find. School of Medicine study about sleep and its related diseases lesson less than four hours. it is no wonder doctors in the treatment of insomnia often feel helpless. Everyone is concerned. it is more important to understand the importance of sleep and how to better promote the health benefits of sleep. The power of sleep. the book is a rare self-therapy guide. The...

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