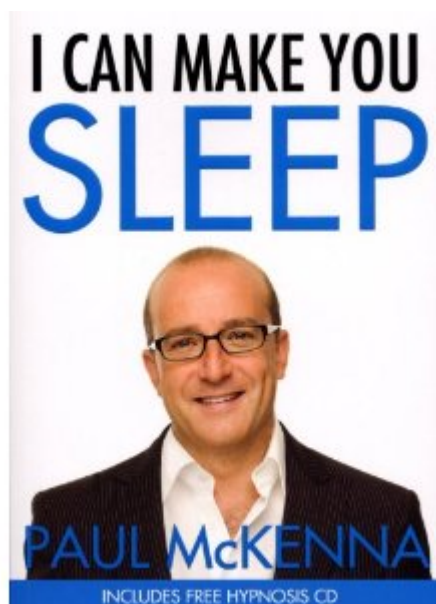


Binscombe Medical Centre

Book Recommendation



- **Paperback:** 192 pages
- **Publisher:** Bantam Press (2 Jan 2009)
- **Language** English
- **ISBN-10:** 0593055381
- **ISBN-13:** 978-0593055380

was highly sceptical about how well this book would fair but, such is an insomniac's despair, I was willing to give it a go. All I can say is read it with an open mind and afford yourself the time to think what the Author is getting at and I struggle to see how it could not improve your sleep.

After months of poor sleep I was at my wits end. I have always been able to fall asleep but less good at staying asleep throughout the night. The book contains sensible tips and some ideas which I was already doing and some new ones which I adopted. None were extreme or silly. But its the CD which makes this a 5 purchase for me. I listen to it while I fall asleep and amazingly it seems to let me go into a deeper, better quality of sleep.*

(Reviews posted on Amazon).

A book and a CD full of practical advice about the complex process of sleep.