



Understanding The Science of Sleep

Mr. Harry Castling

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Understanding the Science of Sleep is a full color informational resource that explains in plain English the astounding medical science of sleep. It truly is a real "game changer" when one understands the science of sleep. This publication presents everything that you need to know from A to Zzzzzzzzz in order to become a master of sleep. This 370+ page medical research informational resource is backed up by 750+ medical references and 400+ graphics and diagrams. Essentially, this publication takes a myriad of complex medical research and presents it all in a relatively easy to understand format. Understanding the Science of Sleep is a compendium of medical information that is intended to help everyone better understand the supreme benefits of sleep, the core aspects of the science of sleep, and avoid or mitigate the horrendous effects of sleep deprivation, insomnia, or other sleep related issues. Understanding The Science of Sleep is part of the USAD (Understanding Sleep, Anxiety, Depression) series of books. Aside from explaining the detailed science of sleep, future publications will explain the science of anxiety and depression. As well, the book series has expanded to include plain English explanations of the sciences of exercise and nutrition. When combined, the USAD series should allow anyone to attain optimal levels of physiological and psychological wellbeing, lifestyle, and career.

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