



Sleep - The CommonSense Approach: Practical Advice on Getting a Better Night's Sleep

Brenda O'Hanlon

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Difficulty with sleeping is one of the most common complaints that people make to their GP.

In *Sleep – The Commonsense Approach*, Brenda O’Hanlon gives a clear and commonsense explanation of sleep, how much we actually need and of common sleep disorders, She gives well-researched and practical advice on how to get a better night’s sleep, what help is available, and discusses the proven benefits of complementary medicines and therapies.

Sleep – The Commonsense Approach is packed with sensible guidance and information, and also includes lists of useful addresses and further reading. It is a must for anyone who finds that a good night’s sleep is hard to come by.

The *CommonSense Approach* series is a series of self-help guides that provide practical and sound ways to deal with many of life’s common complaints. Each book in the series is written for the layperson, and adopts a commonsense approach to the many questions surrounding a particular topic. It explains what the complaint is, how and why it occurs, and what can be done about it. It includes advice on helping ourselves, and information on where to go for further help. It encourages us to take responsibility for our own health, to be sensible and not always to rely on medical intervention for every ill.

Other titles in the series include *Depression – The Commonsense Approach*, *Menopause – The Commonsense Approach* and *Stress – The Commonsense Approach*.

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