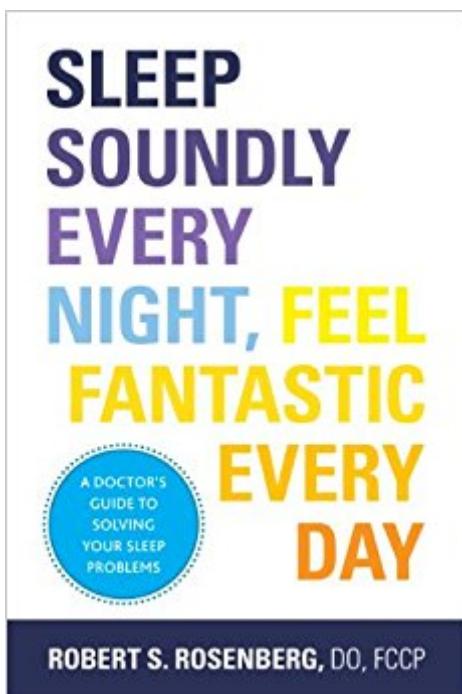


The book was found

Sleep Soundly Every Night, Feel Fantastic Every Day: A Doctor's Guide To Solving Your Sleep Problems



Synopsis

If you have insomnia, always feel tired, or can't sleep because of a restless or snoring partner, help is here. Do you have trouble getting to sleep? Do you take a long time to get up and get going in the morning? Do you wake up feeling like you barely slept at all? If you or someone you love has problems sleeping, Dr. Robert S. Rosenberg will help you identify the issue and provide targeted solutions so you can start awakening refreshed and renewed immediately. Based on the most recent research and including real patient stories from his practice, Dr. Rosenberg will help you: Prevent and manage sleep disorders, including insomnia, sleep apnea, restless legs syndrome, snoring, sleepwalking, and sleep eating Find relief from your symptoms with clinically tested options Benefit from new findings connecting PTSD and ADHD to sleep disorders Regain energy, reduce stress, and build the foundations for better health

Book Information

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Customer Reviews

Robert S. Rosenberg, DO, FCCP is the medical director of the Sleep Disorders Center of Prescott Valley, Arizona and Sleep Disorders Center of Flagstaff, Arizona. He is a contributing sleep expert blogger at EverydayHealth.com and his advice has appeared in O magazine, Women's Health, Woman's World, and Parenting, among others.

If you are having sleep problems, you will find something new and helpful here. I learned more about sleep than from this book than I've learned from two sleep studies and innumerable sleep related conversations with various doctors. Within a week I am sleeping better and am recommitted to using my CPAP. With the exception of some rather simplistic examples of dialogue between doctor and

patient, this book is well written and explains medical issues clearly. In addition to general information about the science of sleep, there were explanations for related phenomena such as frequent awakening to urinate, the impact of 'blue' light on the brain, and the damage done to the heart due to lack of sleep.

This is a well balanced and informative discussion on the many types and many root causes of sleep disorders. It wasn't until I read this book that I learned just how many different types of sleep conditions exist.. The book does an exemplary job of interleaving anecdotes of case histories with lab evidence in a manner that is understandable to us non-doctors. This book is a must read for anyone looking to learn more about sleep disorders for either themselves or that of a loved one.

Delightful read. I have had the wonderful opportunity of training and working with Dr. Rosenberg as a nurse practitioner. I am delighted that he wrote this book addressing all of the most common sleep disorders that I encounter in my sleep practice. I am recommending this book to my colleagues in sleep medicine and sleep patients.

It is a sound book, with good arguments. I found it practical and really helpful. The language is comprehensible and the important points are addressed concretely. I recommend it to those interested in the science behind sleep.

This book is a must read for anyone that has trouble sleeping. It gave me so many good ideas. The information makes so much sense, wish I had this book years ago!!

Really informative and it has questions to ask and track to sleep soundly.

This book was recommended by a friend. Both my wife and I read it and was very helpful for both of us. It was easy to read and helped us to realize our sleep issues. Thanks Dr. Rosenberg.

The book is very informative. I got to the root of my problem - was surprised at how it all affected me.

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