

Sleep

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Oxford handbook of sleep medicine By G. Leschziner (2022)WM 188

Sleep and brain injury by C.M. Thomas (2022) WM 188

Teach yourself to sleep: an ex-insomniac's guide by K Mikhall (2021) WELL-BEING 616.84

Fast asleep: how to get a really good night's rest by M Mosley (2020) WELLBEING 613.79

The nocturnal brain by G Leschziner (2019)FACT 616.84

Mindfulness and sleep: how to improve your sleep quality through practicing mindfulness by A. Black (2018)

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The Nordic guide to living 10 years longer: 10 easy tips to live a healthier, happier life by B. Marklund (2017)

The doctor`s guide to sleep solutions for stress and anxiety by R. Rosenberg

Why we sleep by M.Walker (2018)

The sleep book by G. Meadows(2014)

This book will make you sleep by J. Hibberd (2014)

The Good Housekeeping guide to great sleep by Good Housekeeping (2013)

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