



I Want to Sleep: How to Get a Good Night's Sleep

Harriet Griffey

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I Want to Sleep: How to Get a Good Night's Sleep Harriet Griffey

A charming but practical book on how to make sure you get a good night's sleep. With busy jobs, financial worries, and more, it's no wonder many of us experience problems with sleep at some stage in our lives. In *I Want to Sleep*, Harriet Griffey helps you to understand, address, and overcome sleep issues as she explores the roots of sleep problems and offers practical advice on dealing with them. Whether you've been experiencing sleepless nights for a week or many years, this book offers the solutions you've been looking for in an approachable and forthcoming manner. Helpful advice is presented in a beautifully illustrated book that you will find you love to dip in and out of as you discover how to get the perfect night's sleep.

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