

### How to Sleep Like a Baby, Wake Up Refreshed, and Get More Out of Life

Dianne Hales



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# How to Sleep Like a Baby, Wake Up Refreshed, and Get More Out of Life

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How to Sleep Like a Baby, Wake Up Refreshed, and Get More Out of Life Dianne Hales Describes the stages of sleep, discusses sleep research, shares tips on sleeping well, and suggests solutions to common sleep problems.

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