

**The Insomnia Cure: Complete Guide For Fast And Natural Solutions For Insomniacs. The Truth About Sleep, Cookies, Pills, Causes And Symptoms (Insomnia Help) [Kindle Edition] By Andrea Reese**

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WebMD explains the symptoms and causes of insomnia, and offers tips for getting a good night's sleep.

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The first step in treating insomnia is to find out whether the problem is being caused by an underlying medical condition.

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Complete treatment usually lasts up to 3 weeks and involves making oneself sleep for only a minimum amount of Insomnia: A Clinician's Guide to Assessment and

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