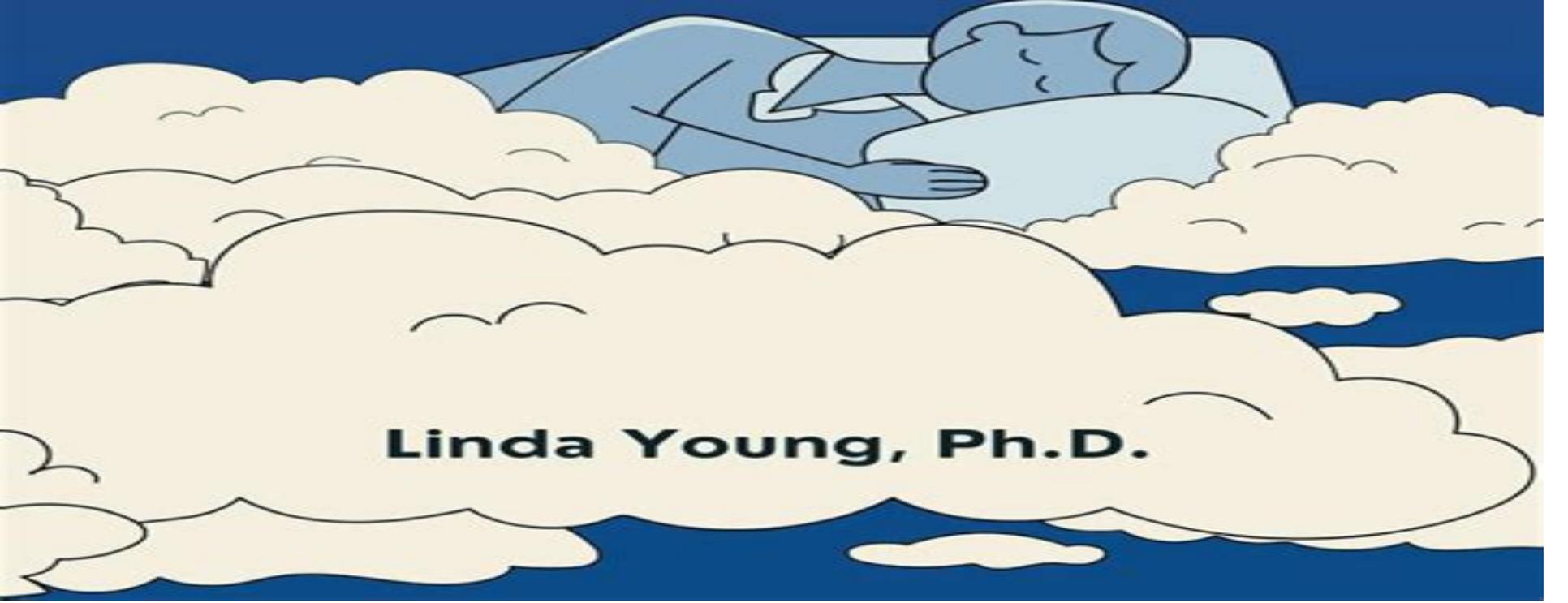




# Why Can't I Get to Sleep?

A Handbook for Overcoming  
Common Sleep Problems



**Linda Young, Ph.D.**

# Sleep Handbook

**Yan Bai**



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