



# Insomnia: How to Catch Your Z's! (Woodland Health Series)

*Jeremy Appleton ND CNS*

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## **Insomnia: How to Catch Your Z's! (Woodland Health Series)** Jeremy Appleton ND CNS

Who gets enough sleep? Do you? Do your friends? Combined with the stresses of our everyday lives and all of the responsibilities we must attend to, who has time for sleep? You can-if you listen to your body and utilize some of the suggestions and practices outlined in this important booklet by noted naturopathic physician Dr. Jeremy Appleton. Getting a good night's sleep may require making some changes in your daily routine and perhaps using some gentle herbal supplements, but the benefits offered by the sandman will be priceless!

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