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SUPERA LOS TRASTORNOS DEL SUEÑO

¿Por qué dormimos mal una noche sí y otra también, aunque pongamos todo nuestro empeño en que eso no ocurra? ¿Qué interfiere en nuestro descanso diario? ¿Cómo podemos reajustar nuestro reloj interno y no pasar ni una noche más en blanco?

Con este libro práctico podrás detectar y solucionar los desórdenes del sueño y elaborar el programa adecuado para descansar correctamente.

- Técnicas de relajación
- Hábitos para fomentar el descanso
- Remedios naturales
- Fármacos adecuados

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