

The Insomnia Workbook

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jan 16 2024 causes insomnia may be the main problem or it may be related to other conditions long term insomnia is usually due to stress life events or habits that disrupt sleep while treating the

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mar 30 2018 insomnia is defined as having problems getting to sleep or staying asleep three nights a week or more for at least three months when dealing with insomnia it s important to rule out

el insomnio es un trastorno frecuente del sueño que dificulta quedarse o mantenerse dormido también puede hacer que se despierte demasiado temprano y no pueda volver a dormir la terapia cognitivo

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