

# How Do You Sleep.pdf

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## [Sleep Needs: What to Do If You're Not Getting Enough Sleep](#)

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*Sleep Needs What to Do If You're Not Getting Enough Sleep. Whether you're scrambling to meet the demands of a busy schedule or just finding it hard to sleep at night, getting by on less sleep may seem like the only answer.*

## [Sleep | Brain Rules](#)

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*Anti-snoring Chin Straps – Do They Work? - Stopsnoringrx.com*

## [Parent-Directed Feeding \(PDF\) - My Baby Sleep Guide](#)

Sat, 15 Sep 2018 08:56:00 GMT

*The PDF philosophy makes a lot of sense. We're starting to work on it at 4 weeks. I read that the key is the cycle - feed, wake, sleep. What if our 4-week old stays awake for the full 3 hours and ends up hungry.*

## [Insomnia: What to Do When You Can't Fall Asleep or Stay Asleep](#)

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*a. Almost every day b. 3-4 times per week c. 1-2 times per week d. 1-2 times per month e. Rarely or never*

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