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Reset Your Inner Clock: The Drug-Free Way to Your Best-Ever Sleep, Mood, and Energy

By Michael Terman Ph. D.

Avery Trade. Paperback. Book Condition: New. Paperback. 352 pages. Dimensions: 9.0in. x 5.9in. x 1.2in. Sleep problems and depressed mood go hand in hand, forming a frustrating cycle. Michael Terman has analyzed the brain functions that feed these disorders. In *Reset Your Inner Clock*, he reveals the heart of his findings, a powerful program that recalibrates our internal clocks--our exquisitely designed sensitivity to the timing and brightness of light exposure. He shows how these need to be tuned to the modern demands of a 24/7 society. Beginning with a questionnaire that pinpoints the problem areas, Terman helps readers decipher when their natural internal night begins and ends. The treatment process then begins, incorporating the power of natural light with supplemental light therapy. His program has brought relief to thousands of sleep sufferers, as well as those burdened by bipolar disorder, seasonal affective disorder, depression, sleep disorders due to shiftwork schedules, and other impediments to vibrant health. His comprehensive coverage includes: External vs. Internal Time: The clock on the wall measures twenty-four hours every day, but the clock in your brain runs a little different. How can you help them work together? The Pressure to Sleep: The longer you stay awake, the more...



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