

**A Woman's Guide To Sleep: Guaranteed Solutions For A Good  
Night's Rest**

**By Joyce Walsleben; Rita Baron-Faust**

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A Woman's Guide to Sleep: Guaranteed Solutions for a Good Night's Rest. Joyce Walsleben, Rita Baron-Faust

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Offers a detailed look at the causes of insomnia and sleep disturbance and presents solutions designed to meet the special psychological and biological needs of women.

<http://www.worldcat.org/title/womans-guide-to-sleep/oclc/59463317>

Jan 23, 2001 The Sleep Slump. Many Women gone," says Joyce A. Walsleben, director of the Sleep Disorders Center Guaranteed Solutions for a Good Night's Rest

[http://articles.chicagotribune.com/2001-01-24/features/0101230356\\_1\\_national-sleep-foundation-sleep-disorders-center-sleep-in-america-poll](http://articles.chicagotribune.com/2001-01-24/features/0101230356_1_national-sleep-foundation-sleep-disorders-center-sleep-in-america-poll)

Meir Kryger, M.D., is a professor of medicine, a board member of the National Sleep Foundation, and past president of the American Academy of Sleep Medicine.

<https://www.overdrive.com/media/58856/a-womans-guide-to-sleep-disorders>

Jan 17, 2007 Guaranteed Solutions for a Good Night's Rest, by Joyce Walsleben, director of NYU's Sleep Disorders Center, provides a "wonderful" guide for

<http://www.npr.org/templates/story/story.php?storyId=6894556>

Joyce Walsleben is the author of A Woman's Guide to Sleep (3.00 avg rating, 11 ratings, 5 reviews, published 2001), Joyce Walsleben s Followers. None yet.

[http://www.goodreads.com/author/show/436601.Joyce\\_Walsleben](http://www.goodreads.com/author/show/436601.Joyce_Walsleben)

Jun 21, 2004 Free Online Library: A Woman's Guide to Sleep Disorders. by "FOCUS: Journal for Respiratory Care & Sleep Medicine"; Health care industry Health, general

<http://www.thefreelibrary.com/A+Woman%27s+Guide+to+Sleep+Disorders.-a0139951664>

More than 20 million women can't sleep at night or have trouble staying awake and alert during the day. Unfortunately, most of these women don't realize they have a

<http://www.bokus.com/bok/9780071442794/womans-guide-to-sleep-disorders/>

A Woman's Guide to Sleep, Mood and Memory : including the latest health information and the resources to improve all three aspects of a woman's life.

<http://www.henryford.com/body.cfm?id=46335&action=detail&ref=850>

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<http://www.amazon.ca/Womans-Guide-Sleep-Guaranteed-Solutions/dp/0812932609>

Nov 05, 2000 Healthy Bestsellers. "A Woman's Guide to Sleep: Guaranteed Solutions for a Good Night's Rest," by Joyce Walsleben and Rita Baron-Faust

<http://articles.latimes.com/2000/nov/06/health/he-47739>

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<http://www.alibris.com/A-Womans-Guide-to-Sleep-Disorders-Meir-H-Kryger/book/7927664>

A Woman's Guide to Sleep Disorders is the first comprehensive book written about sleep disorders in women by a leading medical expert in the field. Dr.

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Dec 24, 2000 Travelers' Guides for Voyaging to the A WOMAN'S GUIDE TO SLEEP: Guaranteed Solutions for a Good Night's Rest; Joyce A. Walsleben and Rita Baron-Faust;

<http://articles.latimes.com/2000/dec/25/health/he-4478>

A guide to sleep disorders for women that examines why women suffer from sleep disorders more often than men, what their various symptoms and treatments are, how

<http://www.worldcat.org/title/womans-guide-to-sleep-disorders/oclc/53223584>

Jun 30, 2011 "A Woman's Guide to Sleep: Guaranteed Solutions for a Good Night's Rest" by Joyce A. Walsleben and Rita Baron "The Sleep Lady's Good Night, Sleep

[http://articles.dailypilot.com/2011-07-01/news/tn-dpt-0703-book-20110701\\_1\\_sleep-apnea-daytime-fatigue-rita-baron-faust](http://articles.dailypilot.com/2011-07-01/news/tn-dpt-0703-book-20110701_1_sleep-apnea-daytime-fatigue-rita-baron-faust)

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<http://academyxsleep.com/home/womens-sleep/>

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<http://www.brainchildmag.com/2014/04/pregnancy-brain/>

Informacje o Rita Baron: Baron-Faust, Obituary for Rita Baron, Rita A. Baron, A Woman's Guide to Sleep: Guaranteed Solutions for a Good Night's

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