

## the insomnia workbook

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contributing to poor sleep.  
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Insomnia might worsen another sleep disorder  
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The Insomnia Workbook: A Comprehensive Guide to Getting ... - Insomnia .  
Insomnia is a common sleep complaint that occurs when you have one or more of these problems:  
You have a hard time initiating sleep.  
You struggle to maintain sleep, waking up frequently during the night.  
You tend to wake up too early and are unable to go back to sleep.  
Insomnia - American Academy of Sleep Medicine -

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