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Dr. W. Dement, founder of the Stanford University Sleep Research Center, has discovered sleep to be the single most important factor in predicting how long people will live – more influential than diet, exercise, or heredity. Sleep deprivation has a negative impact on the whole family.

### **UAE Pediatric Sleep Consultant | King of Sleep**

The Effects of Sleep Deprivation on Memory, Problem Solving, and Critical Thinking 9 As studies have been conducted, the majority have seemed to come to similar conclusions: a lack of sleep can have detrimental side effects on the human mind and body, and by regularly obtaining

### **The Effects of Sleep Deprivation on Memory, Problem**

sleep sanctuary, which will help you improve the quality of your life by improving the quality of your sleep. \*Sleep experts recommend getting eight hours of sleep each night (7.5 – 8.5 is optimal).

### **Better the Sleep Guide**

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### **Doctor Sleep: A Novel By Stephen King**

Free download or read online Doctor Sleep pdf (ePUB) (The Shining Series) book. The first edition of this novel was published in September 24th 2013, and was written by Stephen King. The book was published in multiple languages including English language, consists of 531 pages and is available in Hardcover format.

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