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Amazon.com: Vansky Wake Up Light, Sunrise Digital Alarm

There is an amino acid that does not behave like other amino acids. Instead of using it to make proteins, the body uses this amino acid to dampen brain activity. GABA ...

GABA and Insomnia - ProgressiveHealth.com

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Ergonomics | UCLA Insurance and Risk Management

Co-sleeping is a practice in which babies and young children sleep close to one or both parents, as opposed to in a separate room. Co-sleeping individuals sleep in ...

Co-sleeping - Wikipedia

Polyphasic sleep of normal total duration. An example of polyphasic sleep is found in patients with irregular sleep-wake syndrome, a circadian rhythm sleep disorder ...

Biphasic and polyphasic sleep - Wikipedia

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