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Lire des ebooks **Bien dormir Pour les Nuls**, édition poche Arnaud Rabat PDF, ePub, mobi, Vous allez pouvoir dormir sur vos deux oreilles !

Qu'est-ce que le sommeil ? Pourquoi est-il différent selon les âges ? Comment faire pour bien dormir ? Et quand on a des horaires décalés ? Pour répondre à ces questions, ouvrez *Bien dormir pour les Nuls* !

Arnaud Rabat, Chef de projet dans l'unité fatigue et vigilance, Département Neurosciences et Contraintes Opérationnelles (NCO), Institut de Recherche Biomédicale des Armées (IRBA), et son équipe vous aident à dormir comme un bébé !

Au programme de cet ouvrage :

- Le sommeil ou ce qu'il advient lorsque nous tombons dans les bras de Morphée !
 - Le sommeil à toutes les étapes de la vie.
 - Notre sommeil et notre environnement : Où, quand et comment bien dormir ?
 - Ces personnes qui travaillent quand les autres dorment.
- En manque de sommeil : Que se passe-t-il et que pouvons-nous faire ?
 - Sommeil troublé/perturbé : diagnostic et solutions.
 - La partie des Dix

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