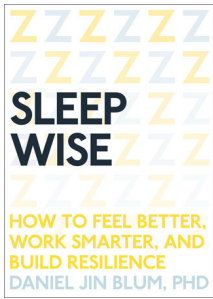
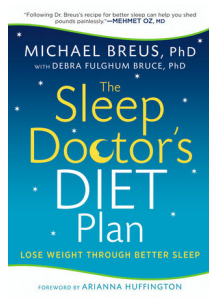


Getting a Great Night's Sleep

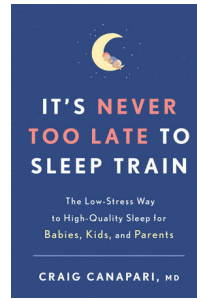
Top Trends Spring 2020



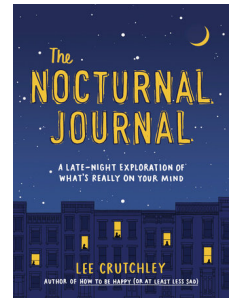
Sleep Wise
Daniel Jin Blum, PhD
978-1-941529-40-9 TR \$16.95
Health & Fitness
Parallax Press
World
December 27, 2016



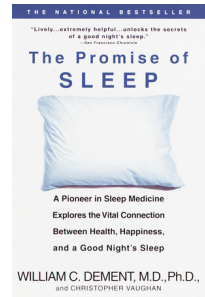
The Sleep Doctor's Diet Plan
Michael Breus, PhD, with Debra Fulghum Bruce, PhD, Foreword by Arianna Huffington
978-1-60961-442-3 TR \$15.99
Health & Fitness
Rodale Books
World
May 22, 2012



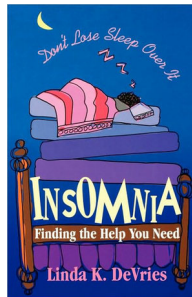
It's Never Too Late to Sleep Train
Craig Canapari, MD
978-1-63565-272-7 TR \$15.99
Family & Relationships
Rodale Books
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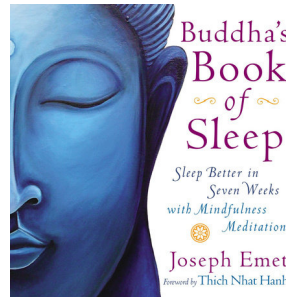
The Nocturnal Journal
Lee Crutchley
978-0-14-313079-6 TR \$16
Self-help
TarcherPerigee
September 5, 2017



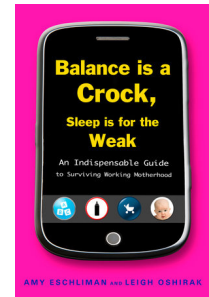
The Promise of Sleep
William C. Dement, M.D., Ph.D. and Christopher Vaughan
978-0-440-50901-1 TR \$18
Health & Fitness
Dell
March 7, 2000



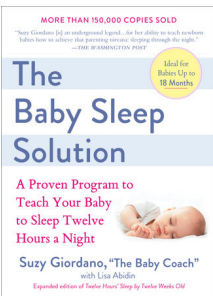
Insomnia
Linda K. DeVries
978-0-87788-184-1 TR \$15.99
Health & Fitness
Shaw Books
World
March 7, 2000



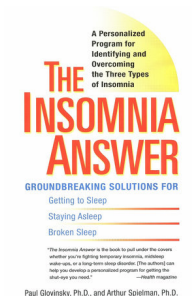
Buddha's Book of Sleep
Joseph Emet
978-0-399-16091-2 TR \$15.95
Body, Mind & Spirit
TarcherPerigee
December 27, 2012



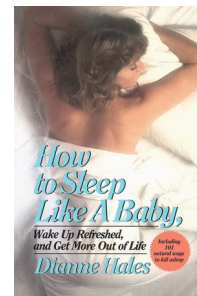
Balance is a Crock, Sleep is for the Weak
Amy Eschliman
978-1-58333-370-9 TR \$16
Family & Relationships
Avery
April 6, 2010



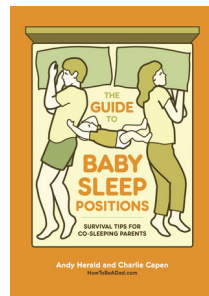
The Baby Sleep Solution
Suzy Giordano, "The Baby Coach" with Lisa Albin
978-0-399-53291-7 TR \$16
Family & Relationships
TarcherPerigee
World
December 5, 2006



The Insomnia Answer
Paul Glovinsky, Ph.D., and Arthur Spielman, Ph.D.
978-0-399-53297-9 TR \$15.95
Health & Fitness
TarcherPerigee
World
December 5, 2006



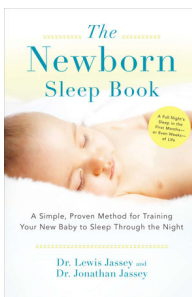
How to Sleep Like a Baby, Wake Up Refreshed, and Get More Out of Life
Dianne Hales
978-0-345-33825-9 TR \$15
Health & Fitness
Ballantine Books
World
April 12, 1987



The Guide to Baby Sleep Positions
Andy Herald and Charlie Capen
978-0-449-81987-6 TR \$9.95
Humor
Potter Style
World
April 2, 2013



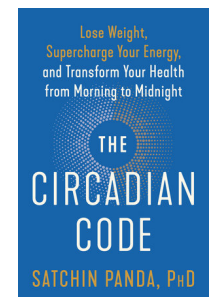
The Sleep Revolution
Arianna Huffington
978-1-101-90402-2 TR \$12 Export Price
Health & Fitness
Harmony
April 4, 2017



The Newborn Sleep Book
Lewis Jassey
978-0-399-16798-0 TR \$16
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TarcherPerigee
World
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Sweet Sleep
La Leche League International Diane Wiessinger * Diana West * Linda J. Smith * Teresa Pitman
978-0-345-51847-7 TR \$20
Health & Fitness
Ballantine Books
July 29, 2014

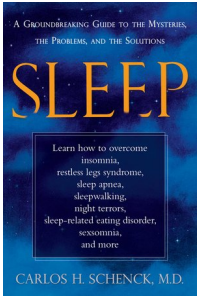


The Circadian Code
Satchin Panda, PhD
978-0-593-13590-7 TR \$15.99
Health & Fitness
Rodale Books
February 11, 2020

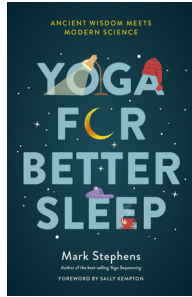


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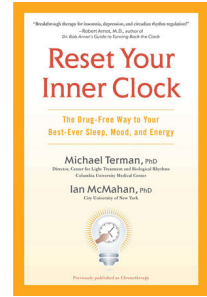
Sleep
Carlos H. Schenck
978-1-58333-301-3 TR \$17
Health & Fitness
Avery
World
March 27, 2008



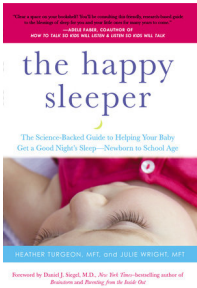
Yoga for Better Sleep: Ancient Wisdom Meets Modern Science
Mark Stephens
978-1-62317-363-0 TR \$19.95
Health & Fitness
North Atlantic Books
World
August 13, 2019



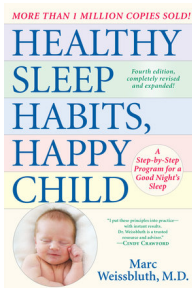
Sleep Smarter
Shawn Stevenson Foreword by Sara Gottfried, MD
978-1-62336-739-8 HC \$26.99
Health & Fitness
Rodale Books
March 15, 2016



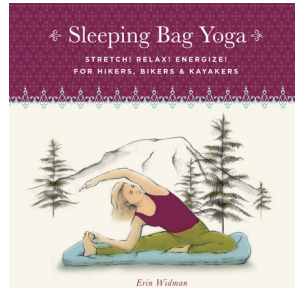
Reset Your Inner Clock
Michael Terman
978-1-58333-534-5 TR \$16
Health & Fitness
Avery
World
October 29, 2013



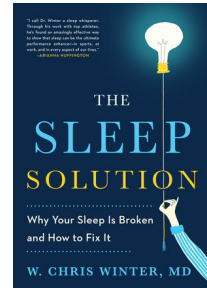
The Happy Sleeper
Heather Turgeon
978-0-399-16602-0 TR \$18
Family & Relationships
TarcherPerigee
December 26, 2014



Healthy Sleep Habits, Happy Child, 4th Edition
Marc Weissbluth, M.D. Author of Your Baby
978-0-553-39480-1 TR \$18
Family & Relationships
Ballantine Books
December 15, 2015



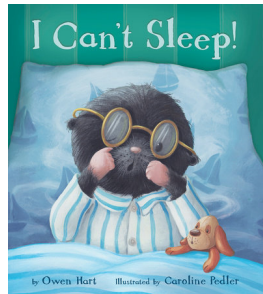
Sleeping Bag Yoga, Updated Edition
Erin Widman
978-1-57061-554-2 TR \$12.95
Health & Fitness
Sasquatch Books
World
May 6, 2008



The Sleep Solution
W. Chris Winter, M.D.
978-0-399-58361-2 TR \$17
Health & Fitness
Berkley
April 3, 2018



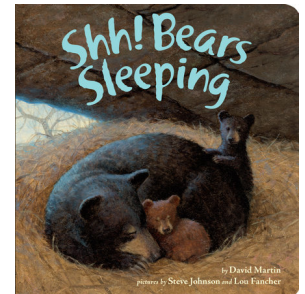
Even Superheroes Have to Sleep
Sara Crow; illustrated by Adam Record
978-0-399-55809-2 BR \$6.99
Juvenile Fiction
0-3 years
Doubleday Books for Young Readers
World
March 13, 2018



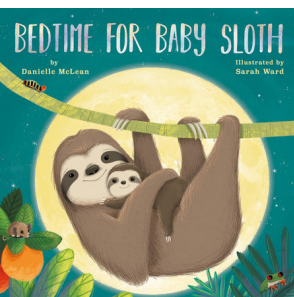
I Can't Sleep!
Owen Hart; illustrated by Caroline Pedler
978-1-68010-066-2 HC \$16.99
Juvenile Fiction
Tiger Tales.
September 5, 2017



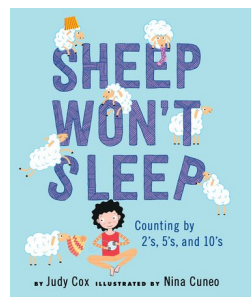
The Bedtime Book
S. Marendaz; illustrated by Carly Gledhill
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Juvenile Fiction
Tiger Tales.
No Singapore
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David Martin; illustrated by Steve Johnson and Lou Fancher
978-0-425-29179-5 BR \$8.99
Juvenile Fiction
2-5 years
Viking Books for Young Readers
World
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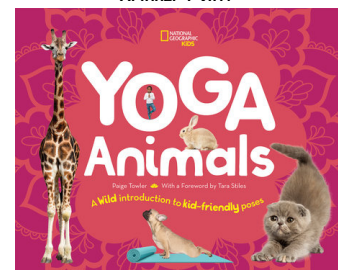
Bedtime for Baby Sloth
Danielle McLean; illustrated by Sarah Ward
978-1-68010-150-8 HC \$17.99
Juvenile Fiction
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Sheep Won't Sleep
By Judy Cox; illustrated by Nina Cuneo
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National Geographic Children's Books
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