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Sleep Soundly Every night is more a diagnosis tool than a solution since author Rosenberg's answer to nearly all sleep disorders is the need to be diagnosed at a special clinic. I think most people will to get a book so they can avoid the expense or inability to go to a specialized clinic and spend the night being studied.

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The insightful and entertaining new book, *Sleep Soundly Every Night, Feel Fantastic Every Day*, from sleep expert Robert S. Rosenberg, DO, FCCP, can help you spot the problems, put fixes into place, and start waking up feeling refreshed and renewed. Dr. Rosenberg's advice is based on the latest research and real stories from his own patients.

Sleep Soundly Every Night, Feel Fantastic Every Day

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