

**Press Release May 2005**

# Tired of not Sleeping?



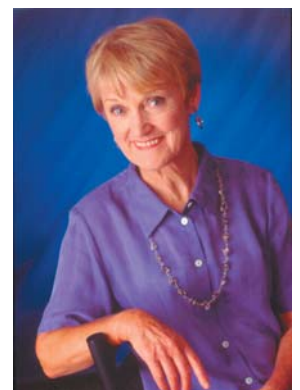
**Dr Sandra Cabot's**  
Wholistic program for a good night's sleep

**This ground-breaking book is brought to you by  
two leading experts in health**



**Dr Sandra Cabot**

**Dr Sandra Cabot  
and  
Nancy Beckham ND**



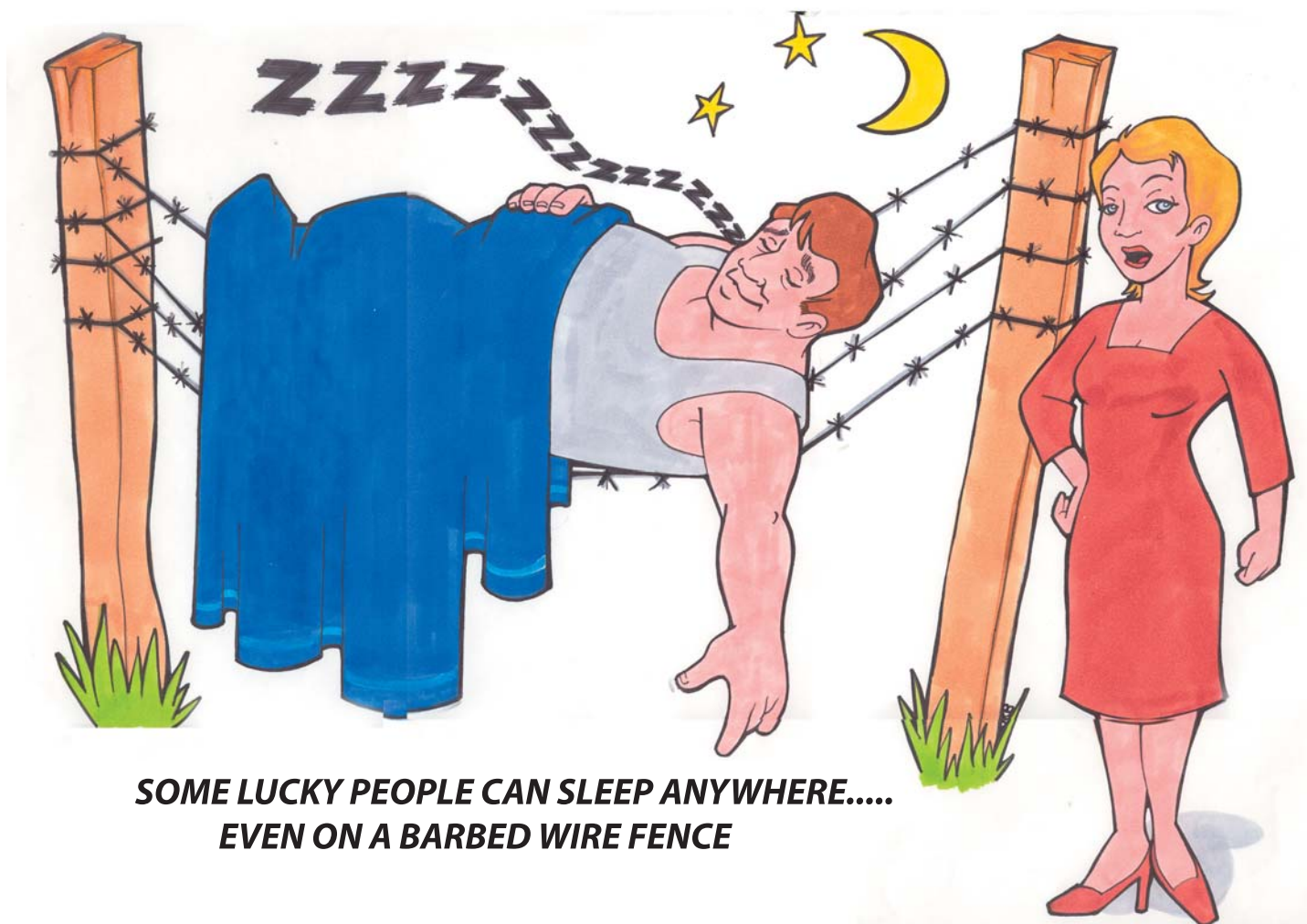
**Nancy Beckham**

**It provides you with practical strategies for 68  
things that stop you sleeping**

# What is the greatest deficiency in today's over-stimulated world?

The lack of...

Healthy, Adequate, Restful, Un-interrupted Sleep.



***SOME LUCKY PEOPLE CAN SLEEP ANYWHERE.....  
EVEN ON A BARBED WIRE FENCE***

## The latest information is given on

- The correct use of antidepressant drugs and sleeping pills
- Natural herbal and nutritional sleeping remedies
- Supplements and foods to help your brain and nervous system relax
- The sleep hormone melatonin
- Aromatherapy
- Behavioural and relaxation therapy

# This book gives you holistic solutions for 68 things that could be stopping you from sleeping, such as -

- Depression • Anxiety and panic attacks
  - Sleep apnoea and snoring
- Painful joints and muscles • Bladder problems
  - Respiratory infections • Allergies
  - Poor bedroom environment
- Bowel and intestinal problems • Hormonal imbalances • Night sweats • Hot flushes
- Itching skin • Burning feet • Weight excess
  - Jet lag • Nightmares and fears
- Muscle cramps and spasms • Restless legs
  - Tinnitus • Trauma and grief
  - Stress and overwork
- **Worrying about sleep!**

In today's hectic world, with so many causes of insomnia it's a wonder that anyone ever gets a good night sleep!

Approximately one in three Australians will experience sleep disorders during their lives; this varies from insomnia to sleep apnoea. Far more will experience chronic fatigue and a much greater risk of serious accidents from poor quality sleep. Many insomniacs rely on struggling through with caffeine, sugar and other stimulants.

**The average duration of nightly sleep has decreased from 9 hrs in 1910 to 7hrs in 2005**



**Don't be up all night,  
There is always a cause for INSOMNIA  
that can be treated**

**This book gives you hope!**

**For interviews with  
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