

# RELAX AND SLEEP WELL

ALLEN ANDREWS

NEW

A  
KEY  
BOOK

3/6

***RELAX AND  
SLEEP WELL***

**ALLEN ANDREWS**

*Decorations by Juliana Forte*

**NEWNES : LONDON**

# *Contents*

1. I Promise You Sleep and Peace of Mind	11
2. What about Sleeping Pills?	20
3. Insomnia: Horror in the Night	28
4. Start Relaxing when You Wake	33
5. Don't be Tense in Bed	40
6. The Facts of Sleep	47
7. Causes of Insomnia	54
8. Where Do You Undress?	63
9. Twenty Rules for Better Sleep	70
10. What Makes a Good Bed?	79
11. Getting to Sleep	84
12. Disturbance in Sleep	87
13. New Facts about Dreams	92
14. How to Wake Up	109
15. Children and Sleep	113
16. A Word to Shift Workers	117
17. Relaxation Exercises by Day	119
18. Relaxation Exercises by Night	123



# RELAX AND SLEEP WELL....

promises you sleep and peace of mind  
– right from the first page. The valu-  
able advice in this book tells you how  
to obtain freedom from tension  
nerves and worry by day and sleepless-  
ness by night and thus how to achieve  
the true key to happiness – complete  
relaxed and restorative sleep.