



# **Sleep Soundly Every Night, Feel Fantastic Every Day: A Doctor's Guide to Solving Your Sleep Problems**

*Robert Rosenberg DO FCCP*

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If you have insomnia, always feel tired, or can't sleep because of a restless or snoring partner, help is here.

Do you have trouble getting to sleep?

Do you take a long time to get up and get going in the morning?

Do you wake up feeling like you barely slept at all?

If you or someone you love has problems sleeping, Dr. Robert S. Rosenberg will help you identify the issue and provide targeted solutions so you can start awakening refreshed and renewed immediately. Based on the most recent research and including real patient stories from his practice, Dr. Rosenberg will help you:

- Prevent and manage sleep disorders, including insomnia, sleep apnea, restless legs syndrome, snoring, sleepwalking, and sleep eating
- Find relief from your symptoms with clinically tested options
- Benefit from new findings connecting PTSD and ADHD to sleep disorders
- Regain energy, reduce stress, and build the foundations for better health

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