



## Do not sleep at noon afternoon collapse(Chinese Edition)

By ZHANG XIU HUA BIAN ZHU

paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2012-05-01 Pages: 90 Publisher: Golden Shield Press title: noon not sleep the afternoon crash original price: 9 Author: Zhang Xiuhua ed Press: Jindun Press Publication Date :2012-5-1ISBN : 9787508276304 Words: 50.000 yards: 90 Edition: 1 Binding: Paperback: 32 product size and weight: Editor's Summary This book from the introduction why take a nap. how to nap and the siesta habit adverse health effects. as well as who problem is not suitable for a nap and other staff. combined with world to nap cultural knowledge. help readers understand nap. and learn and master the correct method nap out of nap misunderstanding. Read Health book series: noon does not sleep the afternoon collapse. I believe the reader himself. his family. friends and family can Reading enriches the mind. Directory Why siesta sleep not only refers to the night's sleep. including sleep at noon. Even just a few minutes or tens of minutes. a nap on the person's physical and mental are the best charge. obtain a multiplier effect. 1. Nap origin of 2. Nap medical theory. The temperature rhythm...

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