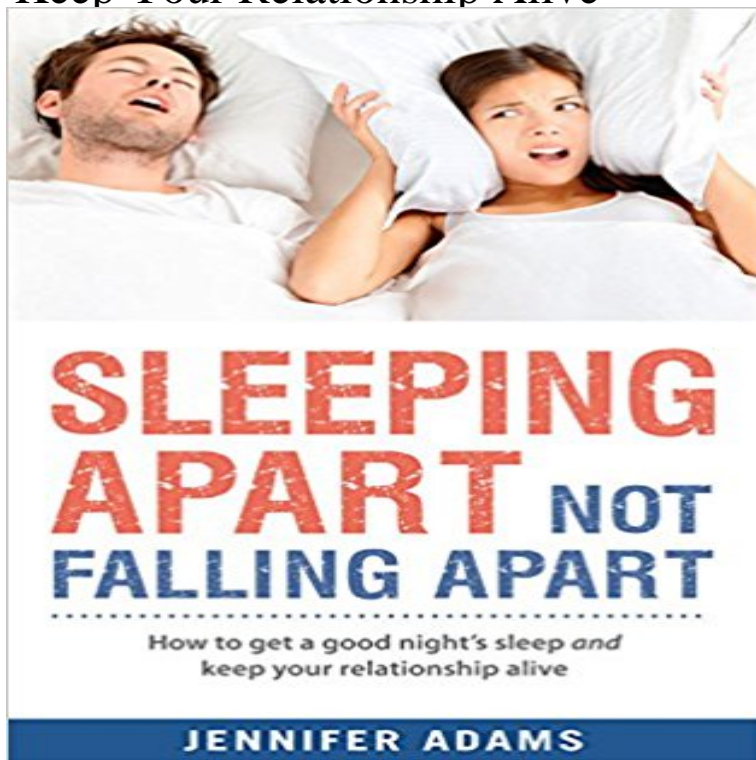


Sleeping Apart Not Falling Apart: How to Get a Good Nights Sleep and Keep Your Relationship Alive



Practical advice on the sensitive subject of sleep deprivation caused by a partners bedroom behavior Cinderella and Prince Charming shared a bed after their happily ever after wedding, right? After all, isnt that what happy, loving partners do? Not always, in fact, less often than many think. Nowadays many couples choose to sleep separately as a result of one partners snoring, restlessness, work hours, or a preference for watching TV into the night. Add babies or young children to this mix and life can turn into one long fatigue-ridden struggle to work or parent effectively. However, for many couples, sleeping apart can carry a social stigma if you sleep apart your relationship must be in trouble. This book offers couples realistic and practical solutions to having separate beds or bedrooms while maintaining a loving and caring relationship. Written in a warm, down-to-earth tone, it offers hope and support to all those suffering from a chronic lack of sleep and wanting to do something about it without wrecking their relationship.

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