

# Learn To Sleep Well By Christopher Idzikowski



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## **Chris Idzikowski BSc, PhD, CPsychol FBPSS**

Chris Idzikowski BSc, PhD, CPsychol FBPSS. Dr Chris Idzikowski is currently Director of the Sleep Assessment and Advisory Service. His previous appointments include

### **Site neuronix (Chris Idzikowski)**

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Dec 07, 2011 What's Your Sleep Personality? Chris Idzikowski, PhD, director, Sleep Assessment and Advisory Service, London; author, Learn to Sleep Well. 2006

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