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3am and Wide Awake by Sarah England is a great book to pick up when you have a few minutes to spare and would like to treat yourself to a short story. I enjoy tales with a twist, and many of these tales have just that; some you can see coming, others surprise you.

### **3am and Wide Awake by Sarah E. England - Goodreads**

Wide awake at 3am? Meet the insomniacs who learned to sleep better ... giving birth to my younger sister and lying awake until my father came home the next morning. ... has me waking at 3am but I ...

### **Wide awake at 3am? Meet the insomniacs who learned to**

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### **Katy Perry\_ 'Wide Awake' - PDF - scribd.com**

In Wide Awake at 3am, Dr Coleman brings real scientific research to bear on the twin problems of insomnia and sleep-deprivation. Bottom line... The book is extremely informative and entertaining.

### **Wide Awake at 3:00 A.M. by Choice or by Chance?: Richard M**

She doesn't always wake up at night but when she does, she's definitely up!

### **3am feeding. She's wide awake! Smh**

7 Wide Awake Chapter 1. Gingerbread Zombies I hated this room with a deep-seated fiery passion of a million hells. I didn [t mean to be melodramatic, really.

### **Wide Awake - AngstyG**

It's 3AM and I'm Wide Awake. 04/08/2016 04:45 pm ET Updated Dec 06, 2017 You're getting sleepy. Your eyes are getting heavy. NOT! ... I ended up sweaty and wide-awake at 3AM. A shower, no matter ...

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