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## Y3DF - CAN'T SLEEP Adult Comics Part 2 [LINK](#)

the primary treatment for sleep terrors in adults is simply to teach the individual to sleep without the episode. a number of methods can be used to teach the individual to sleep. gradual, incremental, and graduated extinction are the three different types of extinction. gradual extinction uses a short, preparatory sleep time (e.g., to avoid the night terror) and then gradually lengthening the sleep period until the episode occurs. gradual extinction is most effective for children. children are more likely to respond to gradual extinction. in gradual extinction, a gradual increase in the length of the preparatory sleep period from night to night is used. of course, many adults don't want to be treated as children when making these kinds of decisions. what they are looking for is a partner who will give them advice and support and who will not try to force them into doing things they don't want to do. so, in effect, they are looking for an adult (or at least a non-child) role model. some people prefer to call this person 'mentor' but the precise definition of a mentor varies depending on the context. supportive care during an episode may include bed rest in a dimly lit, quiet room. the administration of intravenous fluids to prevent complications such as dehydration may be necessary. anti-vomiting medications (especially ondansetron at 0.3 to 0.4 mg/kg/dose, maximum dose about 24 mg), ketorolac used for pain and lorazepam for sedation may also be used. when children or adults are asleep, they don't experience nausea. deep sleep may also reset their system and shorten the episode. in severe episodes, hospitalization may be necessary.



the first half of the series was a bit slow. in the first volume, the story of the two friends playing in the park, chatting and watching the sunset were a lot more interesting, and could've filled up the entire book. but it wasn't until volume three that the story really started to go into high gear. charlie was determined to become a great cartoonist, and he managed to achieve that goal in the end. now, he

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is in his prime and producing the best comics that he has ever created. the art is just as stunning as always, and the story itself is the best that i have read in a long time. the best part of the series is the ending. when the main character, charlie, is finally able to sit down and have a conversation with his girlfriend, charlie manages to get her to open up to him about a secret that she had been hiding for a very long time. this reveals a lot about

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the main character, and makes the ending quite emotional. the ending is also the first in a series of events that will end up changing the course of both charlie's life and that of the world itself. it's a great, long story that's worth the read if you're a fan of charlie adlard's work. it's ok if your child can't sit still for an entire book toddlers' attention spans will get longer soon. you might want to keep reading even if your child moves around. before bedtime, allow

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your child to touch and play with favorite toys while you read aloud. the sound of your voice will be a soothing reminder of the bedtime routine and that books are a part of it. 5ec8ef588b

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