



Sleep: 50 Proven Strategies to Hack Your Way to a Better Sleep and Cure Insomnia!

By Kellie Sullivan

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Powerful Secrets To Better Sleep is Revealed! A Short Read With Easy To Apply Practical Tips Powerful Knowledge That Will Help You In No Time All of us wanted to get enough sleep or at least better sleep. However, there are times when it becomes difficult for us to do so because of various reasons. Maybe because you are suffering from pain or you have so many things to think about. However, if it happens so frequently, then you need to pay more attention to yourself. This is because you might be suffering from insomnia or other sleeping disorders. If you are one of those people who are suffering from such disorders, then you have come to read the right book. There are various things that may cause or trigger insomnia. It includes being under extreme stress and feeling discomfort, either physically, emotionally or both. It may also be because of environmental factors, especially during the time of sleep. Interferences in the sleeping schedule and medications may also contribute to it. This book contains...



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