



Sleep: Get the Peaceful and Energising Sleep You Deserve, Sleeping Cures, Restless Sleep Syndrome, Insomnia, Sleeping Disorders

By M Laurence

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 50 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Get the Peaceful and Energising Sleep You Deserve Every Night! Do you feel tired, even after getting 8 hours of sleep Is it hard to sleep when you need to Is your sleep often interrupted, without reason Do you get up feeling lethargic the next morning Sleep is the book insomniacs all over the world have been hoping would come out, a no-nonsense book researched using hundreds of hours and many volunteers who all had trouble sleeping all specifically for people who have tried practically everything. We then honed our results down into this highly practical and easy-to-follow guide that offers insight into the various sleeping disorders from: -Insomnia -Restless Leg Syndrome -Oversleeping - Nightmares -Sleepwalking and many more to going into medications used for Insomnia and even the best natural remedies for sleep. Not only that Sleep covers children suffering poor sleep and goes into the solutions and strategies to getting a great nights sleep. The simple step-by-step strategies contained in this book not only looks at how to treat your insomnia, but looks at the secondary reasons that can...



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