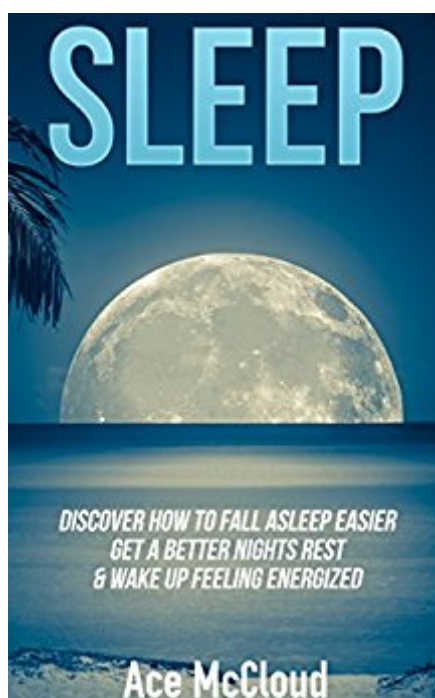


The book was found

Sleep: Discover How To Fall Asleep Easier, Get A Better Nights Rest & Wake Up Feeling Energized (The Best Sleep Solutions Available From All Natural To ... Treatments To Cure Insomnia & Sleep Easy)



Synopsis

What You Need To Know for Better Sleep, More Energy & Vibrant Health! This comprehensive book covers everything you need to know about sleep so that you can restore and refresh your body every night! Life is about doing what you love and good sleep ensures that you never miss out on the great things in life because you are too tired. Whether you work full-time or stay at home to raise your children, you need good sleep so that you have the energy necessary to thrive and prosper! There are many ways to get winning sleep every night and you can discover right now the secrets to waking up feeling rested and energized every day! If you want to improve your sleep, this is the book for you! You will first learn how much sleep your body needs for optimum functioning. Then I will walk you through easy to follow instructions that will allow you to get a great night's sleep on a regular basis so that you can live and perform at a much higher level every day! Don't let poor sleep hold you back in your life! Learn what you can do to start sleeping better tonight! Here Is A Preview Of What You'll Discover...The Biological And Physical Aspects Of SleepHow Lack Of Sleep Affects Your Body And Your Health The Most Common Sleeping Problems And Their TreatmentsHow To Energize Your MorningsWhat To Do During The Day To Prepare Yourself For SleepHow To Create A Tranquil And Relaxing Sleep SanctuaryHow To Establish A Pre-Bed Sleeping Routine That Actually WorksWhat You Need To Do To Improve Your Sleeping HabitsNatural Remedies That Promote Better SleepMuch, much more!What are you waiting for? If you are still reading this you are obviously motivated to get all the benefits this book has to offer. Stop thinking and take ACTION. Buy It Now

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Customer Reviews

With this book, I was able to overcome several aspects that were negatively impacting the my sleep. I vastly improved my quality and quantity of rest and rejuvenation by following the advice given by Ace McCloud. He covered all of the topics that you need to understand, so you can address each aspect on a personal level. I learned a lot that I didn't know before, like the different sleep cycles and the amount of time it takes to reach each one. In one week, I was able to go from sleeping just a few hours per night on average to getting a full eight hours. I was even able to lower my caffieen intake as I was instructed to do by my doctor. I would recommend this book to anyone that needs help understanding sleep cycles, positive and negative impacts on your health, and tips on how to change your sleep habits.

As someone who has struggled for most of my life with insomnia, I am always looking for resources to help me improve my sleep. This book does an excellent job of providing possible solutions for me and the millions of others for whom falling asleep is difficult. McCloud approaches the subject from a variety of perspectives, addressing everything from the biological processes that our bodies must go through in order to fall asleep to natural remedies that promote sleep. Although it is difficult to change bad habits, reading this book gave me the motivation I needed to revamp my nightly routine and I am confident that my sleep--and my overall health!--will improve.

This is a comprehensive guide to sleeping better. The book tells you about the common sleep problems and draws your attention to the effect of not getting enough sleep. It also deals with medical problems that cause sleep problems. It does not just talk about problems. It provides information to help you to overcome them. It sets out a procedure for preparing to get more sleep by how you spend your day preparing for the night. It then lays out a bedtime routine to follow to help you to sleep better. Moreover, if you happen to wake up during the night, it tells you how to get back to sleep. If all the above do not work the book provides a list of herbal remedies that promise better

sleep.

Getting enough sleep is important for so many reasons and this book will explain them all. The book also helps you understand how to get enough sleep and identify problems that prevent restful sleep. The book goes through the 4 stages of sleep plus the REM stage and explains what happens during each one of them. It explains how much sleep is necessary for optimum performance. It also informs the reader of the benefits of getting enough sleep including mental well being, less pain, clear thinking, maintaining a healthy weight and more. Sleep affects every system in the human body from circulatory to reproductive and the book details each one. Insomnia, sleep apnea, restless leg syndrome, narcolepsy and other problems and diseases that prevent good sleep habits are also explained. Suggestions on getting up in the morning and becoming energized are given as are day time habits to adopt in order to gain proper sleep at night. A good bedtime routine is also provided. Attributes of the bed, room, and atmosphere that will allow for good sleep patterns are discussed and include pillows, mattresses, temperature, lighting, colors, scents and more. Ways that help sleep come easily are explored and include keeping electronics out of the room, avoiding caffeine and other stimulants, food and more. There is an entire section on natural sleep remedies, which include many herbs that will help you sleep and aromatherapy methods and nutritional supplements that make sleep easier. Need to relax? Several relaxation techniques are given. This book has everything you need to get a good nights sleep.

When tragedy strikes, sleep is one of the first things to be damaged. When you are sick and only want to sleep, it won't come. Your brain won't shut off at night and your insomnia is draining you of your energy. Sleep is really really important. This book is filled with great ways to recapture the sleep you once had and if you never had good sleep, this should lead you well on your way. I recommend it to anyone who is having trouble sleeping and is feeling the damaging results that comes with the lack of it.

Having seen many sleep articles my expectations for this book were low. Surprisingly the information provided was good and also brief. Brevity is important for subjects that can be boring. The tips included a lot of common ones, and also some I was not aware of. Some of the tips aren't workable for everyone so you will need to use some common sense. And at least one has been debunked and proven to be a myth. I'll let you figure out which one. But all in all, this is a worthwhile read.

This is the best sleep aid I've discovered! this book pretty much covers all aspects of the sleep issue. - I appreciated the pre-bed countdown of when to stop doing things, from the obvious caffeine to the less obvious items. - The description of what happens when you sleep was thorough and very helpful. - The list of foods that promote good sleep, as well as the ones that interfere with sleeping, was eye-opening. I knew about the tryptophan in turkey, but beyond that, I was clueless. - The description of various sleep disorders (and the wide array of possible treatments) helps me understand what some of my friends are living with. - I have never before encountered instructions for how to get BACK to sleep after you wake up in the middle of the night! These were practical, and I actually had opportunity to implement a few of the suggestions a few nights ago; they helped! My greatest discovery was the chapter on how to get yourself going at the start of your day to maximize your awake time. At the same time, you are priming your body to get the greatest possible benefit from the upcoming sleep cycle. I have a new-found appreciation for the importance of sleep to almost every aspect of my well-being! I highly recommend this book.

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