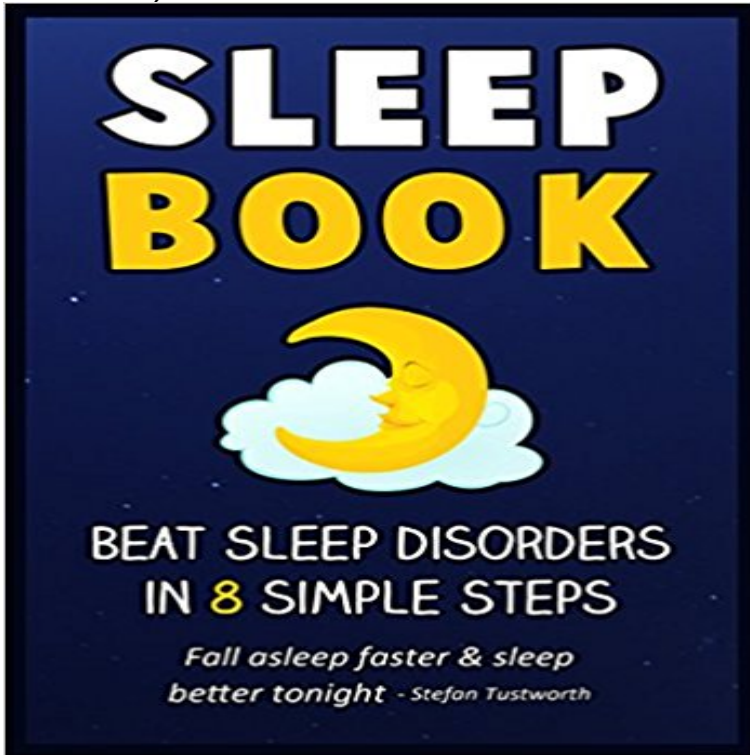


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The Sleep Book will fix your broken sleep cycle in 8 simple steps. Using proven techniques which have already helped thousands of people all over the world you will discover: How to fall asleep fast. How to sleep deeper and stop waking in the night. The best forms of exercise to help you get tired. Which foods and drinks can send you to sleep, and what you should be avoiding. Productivity tips to get the most out of your day so you can sleep soundly at night. How to send your body into sleep mode by creating a bedtime ritual. The most common mistakes people make in their bedroom and how to fix them. How to use a sleep schedule to get the right amount of sleep every night. Proven techniques to eliminate stress and enjoy deep, blissful sleep. The 7 types of nap and which ones you should be taking. How to put your new skills into action and enjoy permanent sleep satisfaction. All this and more is contained in this honest and informative guide to better sleep. For anyone suffering with sleep disorders or insomnia this is essential reading. Don't struggle with sleep deprivation. This book could change your life for less than the cost of a cup of coffee. What are you waiting for? Download today and sleep better tonight. Tags: sleep, sleep disorders, sleep faster, sleep deeper, insomnia, sleep deeper, sleep book

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