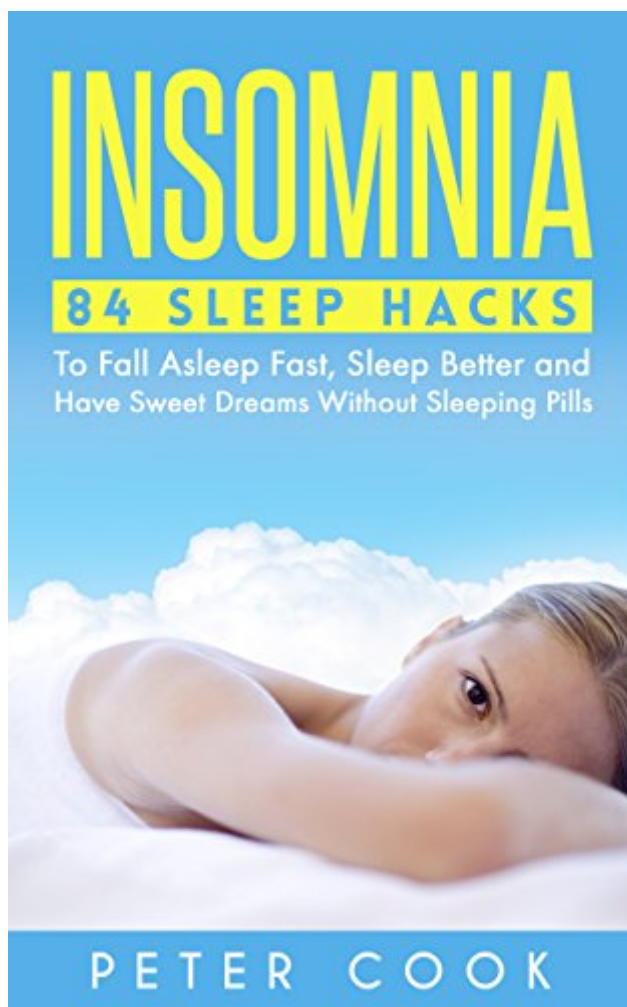


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# **Insomnia: 84 Sleep Hacks To Fall Asleep Fast, Sleep Better And Have Sweet Dreams Without Sleeping Pills (Sleep Disorders, Sleep Apnea Snoring, Sleep Deprivation, ... Fatigue, Chronic Fatigue Syndrome Book 1)**





## Synopsis

Insomnia: Sleep Hacks to Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills

Download Today! Includes 84 Sleep Hacks To Go To Sleep More Easily, Conquer Insomnia Symptoms and Develop Healthy Sleep Habits

Sleep is weird, don't you think? For about one-third of every day, you lie down with your eyes closed, while your system shuts down. Yet, without sufficient sleep, we wouldn't be able to perform, remember anything or even feel healthy. All the beauty in the world around us, insofar as it is created by mankind, could not exist. Sleep really is the cornerstone of life. Unfortunately, many people are sleep deprived. They can't get enough deep sleep. Or no sleep at all! Sleeping disorders like insomnia and sleep apnea, and also a disorder like chronic fatigue syndrome, can have a detrimental impact on the quality of your life. I have good news for you though: You can take back control of your life. This book is jam-packed with 84 practical Sleep Hacks that will help you to fall asleep fast and sleep soundly. This book consists of 3 parts:

- Part A: Sleep Explained
- Part B: How To Sleep Better
- Part C: Recap

In Part A: Sleep Explained, you will learn: What sleep is, Why we sleep, How sleep works, How light affects your sleep, How much sleep we need, Why we dream, and What sleeping disorders are. These are the basics: it is important to get a good understanding of how sleep works. Every chapter in Part A: Sleep Explained starts with the Key Takeaway of that chapter. This allows you to quickly get the gist of every chapter before you start reading it. Once you have a good understanding of why we sleep and dream, how sleep works, how much sleep we need, and sleeping disorders, you are ready to take action!

Part B: How To Sleep Better is loaded with sleep hacks, tips and strategies that you can use to sleep better and deeply, waking up recharged. Here is where the magic starts to happen! After debunking a few common sleep myths, you will learn what does work in order to sleep better: Making your bedroom a sleep sanctuary, Turning your bed into a sleep haven, Getting your light fix during the day, and dimming the lights at night, Staying away from electronic devices in the evening, Changing your diet, and Many other strategies to improve your sleep quality!

Part B: How To Sleep Better focuses on taking action. Therefore, the second part of this book is loaded with practical Sleep Hacks. If you have trouble sleeping, these are your magic pills. No sleeping pills or drugs. But practical hacks and strategies that will put you in pole position, giving you the best possible shot at relaxing and overcoming lack of sleep. And to make it easy for you to commit and take action, Part C: Recap recaps all the Key Takeaways and Sleep Hacks. This is an excellent resource you can always get back to if you want

to review what you have learned! Here is what I want you to do: Read this book. Apply the Sleep Hacks. And end your insomnia! It's that simple. ARE YOU READY TO TAKE ACTION? ==> ACT NOW! Scroll up now and click the 'buy' button to get your copy today! The Greek writer Plutarch said it wonderfully when he wrote: "All men whilst they are awake are in one common world. But each of them, when he is asleep, is in a world of his own." Take back control of your life and happiness: start learning how you once again can fall asleep fast, sleep better and enter your own world having sweet dreams! To purchase this book scroll to the top and select Buy now with 1 Click!

## Book Information

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## Customer Reviews

I absolutely love this book! Peter Cook does an excellent job to explain sleep and helps you get a better night's sleep. We tend to forget how important it is to reset and give our bodies and minds a rest. Very helpful and practical tips to fall asleep and stay asleep. What I love the most is that Peter incorporates holistic ideas like meditation, exercise, visualization and sex to get better sleep rather

than promoting pills. Anyone who has trouble sleeping or thinks they can live on just a few hours of sleep needs to read this book!

I did not expect much when I got this book but I ended up staying up for hours reading it... when I was supposed to be trying to sleep, go figure haha. I got a lot of great information out of this book and some tips and trick to try, as I have a really hard time falling asleep. My husband does snore and there was also information about this and what could be causing this, some tips to try to minimize the snoring, etc. Overall this book exceeded my expectations and I do recommend this!

Learned some new tricks in this book. Most of it I already knew but he took time to explain the science and reasoning behind all of it. Did give me a couple of things to try immediately and for the first time since Christmas I slept a sound 7 hours! So read it and it just might help you too.

This book is very helpful. It is like a step by step book filled with good and verifiable information. Not only does this book provide tips, it provides why we need sleep and a lot more good and useful information.

I love this book! Every hack in this book is very short, easy to understand and do. I like switching between hacks to see what works best for me. I have been noticing better sleep progressively each night.

I really like this book. There are some great tips on how to fall asleep & stay asleep. The hacks are easy to read & easy to understand. Which is a good thing.

Great book. Full of good ideas. Backed by lots of research. Well organized and easy to read.

GREAT information to help battle no sleep!

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Insomnia: 84 Sleep Hacks To Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills (Sleep Disorders, Sleep Apnea Snoring, Sleep Deprivation, ... Fatigue, Chronic Fatigue Syndrome Book 1) Sleep Apnea: The Ultimate Guide How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep Apnea Solution, Book 3) Sleep Apnea Book: Secrets of Sleep Apnea Treatment,

Cure, Exercises, Machine and Pillow Advice (Sleep Apnea, Sleep Apnea Books, Sleep Apnea Cure, Sleep ... Sleep Apnea Machine, Sleep Secre) Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia, diabetes, snoring, sleep disorders, respironics) Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1) Sleep Hypnosis Bundle: Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up Refreshed End the Insomnia Struggle: A Step-by-Step Guide to Help You Get to Sleep and Stay Asleep Healthy Sleep: Fall Asleep Easily, Sleep More Deeply, Sleep Through the Night, Wake up Refreshed The Effortless Sleep Method:The Incredible New Cure for Insomnia and Chronic Sleep Problems (The Effortless Sleep Trilogy Book 1) 30 Delicious Sweet Potato Recipes & Tasty and Healthy Sweet Potato Recipes (The Ultimate Sweet Potato Cookbook Including Recipes For Sweet Potato Soup, ... Salad, Sweet Potato Souffle and More 1) Gut: The Key to Ultimate Health - SIBO, IBS & Fatigue (GAPS, Candida, Chronic Fatigue, Fibromyalgia, Adrenal Fatigue, SIBO, Parasites) Deep Sleep Hypnosis: Fall Asleep Instantly and Sleep Well Dreams: Find Out All About Your Dreams For Greater Happiness And Success: Dreams & 9 Free Books (Dreaming, Dreams, Interpreting Dreams, Dream Meanings) Sleep Sleep Sleep: Use the Power of Your Subconscious Mind to Sleep Smarter and End Insomnia in Just 21 Days Sleeping Beauty : Sleeping Girls Photobook, Sleeping Beauty, Women, Cute, Sexy The Effortless Sleep Method: The Incredible New Cure for Insomnia and Chronic Sleep Problems Explaining 'Unexplained Illnesses': Disease Paradigm for Chronic Fatigue Syndrome, Multiple Chemical Sensitivity, Fibromyalgia, Post-Traumatic Stress Disorder, and Gulf War Syndrome The Insomnia Solution: How to treat and cure your insomnia for life! Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook)

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