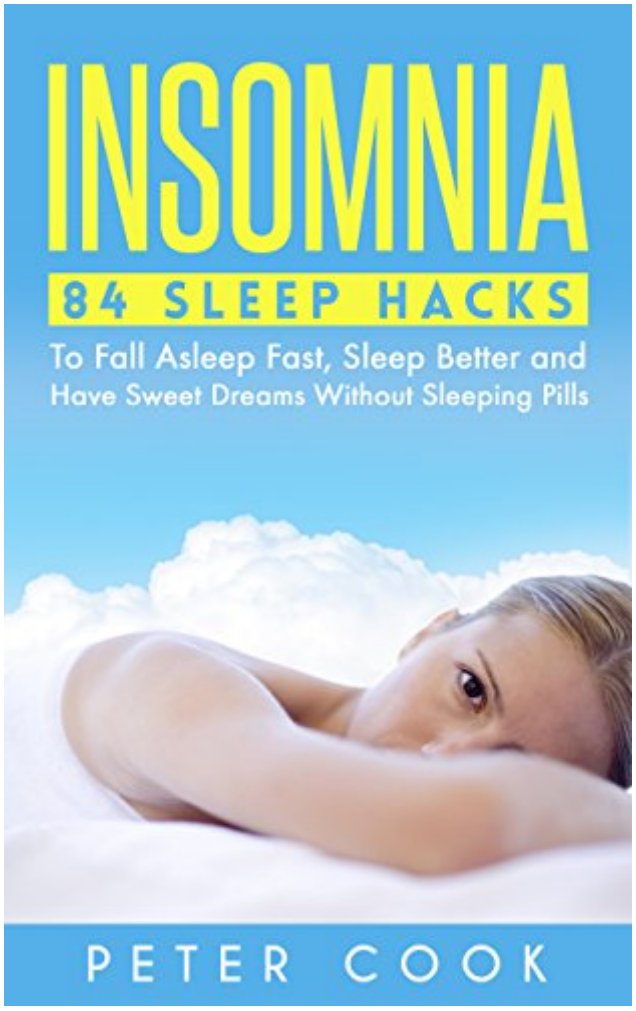
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Synopsis

Insomnia: Sleep Hacks to Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping PillsÃ¢Ëœâ Ã¢Ëœâ Download Today! Includes 84 Sleep Hacks To Go To Sleep More Easily, Conquer Insomnia Symptoms and Develop Healthy Sleep Habits Ã¢Ëœâ Ã¢Ëœâ Sleep is weird, donÃ¢â ¬â„¢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 wouldnÃ¢â ¬â„¢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 lifeUnfortunately, many people are sleep deprived. They canÃ¢â ¬â„¢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 jampacked with 84 practical Sleep Hacks that will help you to fall asleep fast and sleep soundly. This book consists of 3 parts:Part A Ã¢â ¬â œ Sleep ExplainedPart B Ã¢â ¬â œ How To Sleep BetterPart C Ã¢â ¬â œ RecapIn Ã¢â ¬ËœPart A Ã¢â ¬â œ Sleep ExplainedÃ¢â ¬â„¢, you will learn:What sleep is Why we sleep How sleep worksHow light affects your sleepHow much sleep we needWhy we dream, andWhat sleeping disorders areThese are the basics: it is important to get a good understanding of how sleep works. Every chapter in Ã¢â ¬ËœPart A Ã¢â ¬â œ Sleep ExplainedÃ¢â ¬â„¢ 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!Ã¢â ¬ËœPart B Ã¢â ¬â œ How To Sleep BetterÃ¢â ¬â„¢ 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 sanctuaryTurning your bed into a sleep havenGetting your light fix during the day, and dimming the lights at nightStaying away from electronic devices in the eveningChanging your diet, andMany other strategies to improve your sleep quality!Ã¢â ¬ËœPart B Ã¢â ¬â œ How To Sleep BetterÃ¢â ¬â„¢ 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, Ã¢â ¬ËœPart C Ã¢â ¬â œ RecapÃ¢â ¬â„¢ 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!ItÃ¢â ¬â„¢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:Ã¢â ¬Å“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!Ã¢Ëœâ Ã¢Ëœâ To purchase this book scroll to the top and select Buy now with 1 Click!Ã¢Ëœâ Ã¢Ëœâ

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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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