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Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep Smarter, Sleep Better, Healthy Sleep Habits, Sleep ... Healthy Sleep, Sleep Apnea, Feel Better)

SLEEP SMARTER

The Ultimate Guide To
Sleep Better, Feel Better By
Having Healthy Sleeping
Habits





Synopsis

Sleep Smarter - The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Do you have a hard time getting a good nights rest? Is sleep deprivation preventing you from performing at your highest potential? Well lucky for you, we have come up with the ultimate guide to getting the best sleep every single night because you deserve to sleep well and feel better each morning you wake up. By developing some simple but effective healthy sleeping habits, you will be able to sleep better and feel better in no time. We often neglect to discuss this most vital factor by emphasizing more on exercise and nutrition, not realizing that they are only supporting factors. Hunger for sleep is as dire as craving for food, only that the former satiates not only the fulfillment of our physical but also mental health. The good news is that starting tonight you can improve the quality and quantity of sleep that will help you come back on track, helping you reach your full potential. In This Book, Here Is A Preview Of What You'll Learn: Importance of Sleep Sleep and Mental Health Remedial Measures: Psychological Sleep and Physical Health Remedial Measures: Physical Take action right away to sleep well and feel better today by downloading this book, Sleep Smarter - The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits™, for a limited time discount! Download today! Tags: sleep smarter, sleep better, healthy sleep habits, sleep habits, healthy sleep, sleep apnea, feel better

Book Information

File Size: 172 KB

Print Length: 25 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 23, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00N02PJGK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #99,630 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #71 in Kindle

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Customer Reviews

I have definitely had my share of sleepless nights. One of the things I attribute this to is my night owl tendencies. I am often up till 2 and 3AM and then canâ™t fall asleep. This is a short but useful book with some great tips on how to sleep better. I have been trying them out and have actually managed to get to bed AND asleep before midnight for 4 of the last five nights. If you are having trouble sleeping, this is a good place to start.

What a fantastic read. This book contains so many fantastic tips and tricks that I have never thought about that have helped so much with my sleeping. I am feeling so much more refreshed and energized to take on the day and i'm getting so much more done. Looking forward to reading many other Andrew Young books in the future.

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