

## Sleep: Effective and Proven Tips to Improving Your Sleeping Routine (Paperback)



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*(Lorenz Vandervort)*

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand new Book. Sleep. Effective and Proven Tips to Improving Your Sleeping Routine Do you yearn to wake up refreshed first thing in the morning? Do you want to be able to face the busy day ahead full of the energy required to perform at your best? THEN THIS BOOK IS FOR YOU This book is a guide to understanding the numerous benefits of sleep for your health and to discovering the best methods of enhancing your sleep and thus leading a more healthy life. In this book, you will find out why it's vital to get a good sleep and what you can do to ensure you sleep better. One of the strangest parts of modern society is the fact that we celebrate our lack of sleep. We fool ourselves into thinking that we can be more productive without some shut-eye, or pretend that we can simply toughen up and ignore the side effects of sleep deprivation. Yet we can't. Sleep is beyond crucial to our physical and mental well-being, with a legion of horrible consequences if we ignore our tiredness. This book will introduce you to what good sleep means, why you should care about healthy sleeping habits, and how you can improve your sleep. So what are you waiting for, get your copy now and discover how you can get the correct amount and a better quality sleep your body needs and deserves It will provide you with all of the information you will need to prepare yourself for the most important hours of your day! This essential guide breaks down into easy to follow steps, showing you exactly what you will need to know to get a great nights sleep Here's A Preview Of...

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