



## 50 Tips for Peaceful Sleep: Practical Tips to Help You Sleep Soundly, Using Natural Remedies and Relaxation Techniques

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By Tracey Kelly

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, 50 Tips for Peaceful Sleep: Practical Tips to Help You Sleep Soundly, Using Natural Remedies and Relaxation Techniques, Tracey Kelly, This title offers Practical tips to help you sleep soundly, using natural remedies and relaxation techniques. It includes 50 tips on how to establish bedtime routines that will help you to sleep more deeply. Discover how improving your sleep patterns will bring benefits 24 hours a day, 7 days a week. It shows you how to recognize what your particular sleep problems are and how to solve them using yoga, meditation, aromatherapy, and other techniques and rituals. Learn how to prepare simple and natural herbal remedies and essential oil blends. It helps you analyze your daily routine and a sleep pattern that suits your metabolism. It suggests the use of alternatives such as healing crystals and balancing and calming stones to aid sleep. Natural sleep is the best kind of sleep, and this book outlines solutions that avoid the medical quick fix. It examines diet, exercise, the environment, and the effect these have on our sleeping patterns. It gives practical tips on mental and physical relaxation methods, herbal remedies, aromatherapy, and bedtime...



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