

I Can Make You Sleep Overcome Insomnia Forever And Get The Best Rest Of Your Life Paul Mckenna

As recognized, adventure as well as experience not quite lesson, amusement, as capably as concord can be gotten by just checking out a book I Can Make You Sleep Overcome Insomnia Forever And Get The Best Rest Of Your Life Paul Mckenna in addition to it is not directly done, you could resign yourself to even more on the order of this life, in this area the world.

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[Bedtime Stories for Adults](#) I Can Make You Sleep

Enjoy the rest you deserve Falling asleep, staying asleep, or simply getting enough sleep, can be a struggle sometimes, but you needn't lie awake worrying. This book of easy-to-follow tips gives you the tools and techniques you need to understand your sleep needs and patterns, and to make changes that will leave you feeling more rested and refreshed than ever. Find out how to:

- Adjust your actions and outlook to encourage high-quality sleep
- Make bedtime a pleasure by transforming your sleeping environment
- Fine-tune your diet to help you drop off
- Wind down by using relaxation techniques
- Form good habits that establish a healthy sleeping routine

This Book Will Make You Sleep Healthy Pragmatic Solutions Inc

I Can Make You SleepHay House, Inc

[Bedtime Stories For Adults](#) DIANE Publishing

Losing weight while you sleep may sound too good to be true, but in fact the connection between inadequate sleep and weight gain (among a host of other negative medical results) has long been recognized by medical researchers. Turning this equation on its head, clinical psychologist and board-certified sleep expert Dr. Michael Breus shows that a good night's sleep will actually enable you to lose weight, especially if you have been chronically sleep deprived. The Sleep Doctor's Diet Plan is designed to help any person who has been frustrated by her inability to shed weight by giving her the tools to overcome the stress, poor habits, and environmental challenges that stand between her and adequate rest. Sleep deprivation is a frustrating reality for many women faced with chronic stress or hormonal changes--and the fatigue, moodiness, and weight gain that come with it might just be the tip of the iceberg. While helping thousands of women implement simple health and lifestyle changes to improve the quality and the quantity of their slumber, Dr. Breus has witnessed not only an upsurge in their energy levels and a diminishing of myriad health concerns, but also significant weight loss achieved without restrictive dieting or increased amounts of exercise. In The Sleep Doctor's Diet Plan, Dr. Breus delves into the science behind this sleep-weight-loss connection, explaining exactly how sleep boosts your metabolism, ignites fat burn, and decreases cravings and overall appetite, and he presents a realistic action plan to help you get your best sleep--and your best body--possible. He shows how you can overcome your personal sleep obstacles with a slumber-friendly evening routine, stress management techniques--even recipes for healthy meals and snacks--to help you fall asleep more easily. If you are ready to stop tossing and turning night after night, if you are done downing coffee to conquer nagging fatigue, and if you have bounced from one diet to another in an effort to find one that really, finally helps you lose the pounds you want, The Sleep Doctor's Diet Plan has the information, advice, and practical strategies you need to get deep, revitalizing sleep--and achieve a slimmer, healthier body in the process.

Cozy and Calming Stories to Soothe Your Mind and Help You Sleep Calm Therapy Centre

Are you always tense and worried? Can't you sleep? The night doesn't end anymore, you turn and roll in bed, you get up and go to eat something, but your eyelids don't want to go down. The fact of thinking at all times about the problems that torment you makes you a slave to fears, anxiety, doubts, restlessness, until you fall into depression and exhausted. Sleep is essential and it is one of those bodily functions that are indispensable to stay healthy. During sleep, cell turnover occurs with consequent detoxification of waste products at the cellular level. This book contains a collection of stories that will distract you and help you relax, accompany you to the depths of sleep. Your body will relax and you will forget all the worries of the day. The stories, enriched with natural

elements such as air, water, trees, sun and the noblest feelings of mankind, will stimulate the production of neurotransmitters. Melatonin, adrenaline, serotonin, noradrenaline (etc ...) have a fundamental role in regulating the sleep-wake rhythm. To avoid resorting to drug therapies, try these readings designed to help you relax your body and mind. These bedtime stories can also help you build your confidence and will make you meet extraordinary but also common characters - nature, animals, music - in a path that will make you detach from those obsessive thoughts that stress you. The book contains 55 stories that will bring you an unexpected benefit, and much more ... Start improving your life from this very moment. Click the "Buy Now" button and you will feel more relieved.

Relaxing Stories for Stress Relief and Deep Sleep. Overcome Anxiety, Insomnia, and Overthinking with Tales and Meditation for a Better and Smarter Relaxation Singularis, LLC Do you struggle with insomnia or any other sleeping disorder? Do you sleep, but feel fatigued, tired and have no energy to carry out your daily routines? Inside this course you will discover deeper insights to sleep to help you understand how to achieve the best restorative sleep possible. This is not some magic pill, however, my aim is to help you understand the deeper mechanisms and influences responsible for promoting sleep, and things you may be inadvertently doing that is causing you to lose countless hours of precious sleep. Everyone deserves a good night's sleep! - So, why can't you? What You'll Learn What is sleep? Sleep-wake cycles Insomnia Solutions Importance of proper "sleep hygiene" Sleep equipment Truth about daylight savings And, much, much more! If you're tired of your morning grogginess and want to wake up feeling refreshed, energized and rejuvenated to take on the day, then look no further and enroll into this course. Sleep is such an undervalued and underappreciated aspect of life, we spend 1/3 of our lives sleeping and we ALL participate in it, thus, wouldn't it make sense to have an understanding of sleep in order to maximized our overall health and quality of life? Think about it? Therefore, if you want optimal sleep and maximize your restorative sleep potential to achieve better quality sleep then you need to understand sleep on a deeper level and the various influences revolving around it. Buy Now!

[Bedtime Stories for Adults](#) Simon and Schuster

"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

The Relaxation Response Eric Tairin

55% OFF for Bookstores! NOW at \$ 44,99 instead of \$ 69,99 What if you can't even sleep tonight? You can't sleep during this period, and you are losing your mind... Sleepless nights watching the ceiling and counting the sheep and then days full of commitments, between work, home, and family and you don't know how to do; you risk a hysterical crisis. Your family is distraught because they see you more and more tired and stressed, and you are sorry because you realize that this insomnia makes you much more nervous during the day. But what else can you do? You have tried to drink herbal teas before sleep, take relaxing pills but nothing, you can not relax and sleep; now you are desperate, you think there is nothing that can help you go back to sleep. You are wrong! Often the simplest things are the ones that work best! Yeah, you got it right! Reading relaxing stories can help you overcome this nightmare and bring you back to the beauty of a refreshing rest! In this book, you will: Find Useful Tips to Relieve Stress before going to sleep to help you relaxing and help you sleep easier. Understand What Hypnosis Is and How It Can Help You Relaxing and realizing what makes you stress and anxious to heal and overcome these issues. Learn How to Use These Stories and How They Work to help you fight insomnia triggered by anxiety states. Discover How Meditation Help You Overcome Insomnia by improving your sleep quality and minimizing daytime disorder in older adults and chronic insomnia people. Be Amazed by Relaxing Bedtime Stories that will help you find a quiet sleeping thanks to the serenity climate they give you. That will allow you to relax, abandoning the agitation that too often disturbs the moment of falling asleep, making it difficult. ... & Lot More! Reading before falling asleep is useful for the mind; the book's pages reconcile sleep because, getting lost in a story, the imagination is free to reach unknown places and know new heavens and lands. Reading, on the other hand, allows the mind to relax as few other activities can do. It is now known, in fact, that while we read, the levels of stress are lowered, and the heart rate slows down. What are you

waiting for? Here is the healing to your problems! Take this collection of short stories written thinking about you with the scope to gift you with peaceful, resting nights, rich in descriptions to make your imagination fly to another, fantastic world. Your Customers will never stop using this book. Buy it NOW and let your customers get addicted to this amazing book.

[Simple Rules for Losing Weight While You Sleep](#) Hay House, Inc

This book contains 7 proven natural exercises as well as steps and strategies on how to manage and treat your sleep apnea. This book will help you to understand what sleep apnea is, what its effects are, the changes that you can make in your lifestyle to avoid it, and the treatment you can undergo so that you will be able to finally have a good night ' s sleep. This book also includes the outcomes that you can expect after the treatment. By reading this book, you will:

- Understand the three types of insomnia
- Dsm-5 (the diagnostic and statistical manual of the american psychiatric association) classification of insomnia, including symptoms
- The causes and symptoms of comorbidity (a very severe form of insomnia)
- The relationship between various hormones and insomnia
- Pharmacological and non-pharmacological medications used for treatment and prevention of insomnia
- Non-medicinal therapies for insomnia

In this book, you ' ll gain a deeper understanding of what insomnia is, the effects it can give you, what really causes it, and finally, you ' ll discover numerous ways to solve your seemingly never-ending insomnia problem using natural remedies that are as effective (or even more) as any medicine drugstores worldwide may offer.

The Wim Hof Method Summersdale Publishers LTD - ROW

Shawn Stevenson is a health expert with a background in biology and kinesiology who has helped thousands of people worldwide to improve their health, through his private work as well as his #1 Nutrition and Fitness podcast on iTunes. In his work, Shawn brings a well-rounded perspective to the perennial question: how can we feel better? In investigating complex health issues such as weight loss, chronic fatigue and hormone imbalance, Shawn realised that many health problems start with one criminally overlooked aspect of our routine - sleep. In Sleep Smarter Shawn explores the little-known and even less-appreciated facts about sleep's influence on every part of our life. Backed by the latest scientific research and packed with personal anecdotes and tips from leaders in the field of sleep research, this book depicts the dangers of insufficient sleep - from weight retention to memory loss to bad sex to increased risk of disease. In his clear, personable and relatable style Shawn offers 21 simple, immediately applicable ways for readers to take their well-being into their own hands and improve their sleep now

[Fall Asleep Fast with the Best Guided Hypnosis Techniques for Stressed Out Adults That Will Make You Overcome Insomnia and Depression for Relaxed Rests](#) Bantam Press

If you're fed up of spending every night tossing and turning and want to start sleeping like a baby, then keep reading... How many hours did you sleep last night? Eight? Six? Four? Two? None? Do you remember the last time you slept like you did when you were a small child, and woke up in the morning completely refreshed and raring to go? Sleep is the secret to a healthy, fulfilling life. It is as important as food and drink. But too many people undervalue the importance of sleep and believe that they can "get by" on four or five hours. Matthew Walker, one of the preeminent experts on sleep in the world, has proven that unless you are getting optimum sleep, then you're functioning in an impaired state. People who don't sleep enough are incapable of fulfilling their potential. Discovering the secrets to better sleep can act as a miraculous cure for so many physical and mental health issues that people suffer from. That's right. Sleeping better can actually make you happier! The benefits of better sleep are endless. Did you know? According to the WHO, lack of sleep is so dangerous that it is considered a carcinogen. Prolonged lack of sleep can lead to cancer, heart disease, diabetes, depression, and many other life-threatening diseases. Only 21% of Americans sleep for eight hours each night. Lifestyle choices are the #1 reason why people don't get enough sleep. By reordering your daily routine and learning healthy habits, you will find that your sleep improves. In "Sleep Like a Baby" you will discover: What the perfect amount of time for you to sleep is How sleeping better can make you a healthier person The secrets of a sleep-friendly, daily routine The 4 most important things to do when you wake up in the morning The 8 foods that will help you sleep like a baby Foods that are toxins for a good night's sleep The 5 best teas to sleep like a rock How to avoid the light that is ruining your sleep The 10 shortcuts for optimizing your bedroom for better sleep What to do when you wake up in the middle of the night And much, much more. You've tried everything to sleep. You've read several sleep guides. But when it comes to 2.30am, you're still lying there, counting sheep. Lack of sleep can make you think that everything is hopeless, that there's no point in trying to find a new solution to your sleep problem because you think that nothing would ever work for you. Yet, sleep deprivation comes from the wrong lifestyle choices. All you need to do is incorporating some simple but magical habits and you will fall asleep like a baby. Once you learn how to create a sleep-friendly routine, then you'll be catching zzzs in no time, and instantly become a happier, healthier

person because of it. If you want to discover the secrets to a good night's sleep, scroll up and click the "Add to Cart" button right now.

21 Essential Strategies to Sleep Your Way to a Better Body, Better Health, and Bigger Success
Charlie Creative Lab

We all go through patches when we find it hard to sleep. Either we have problems dropping off at night or we wake in the early hours with thoughts buzzing round in our minds. Sometimes it seems impossible to get that elusive night's sleep we so badly crave, but this book will show you how to break negative patterns, get more rest and improve your well-being. Dr. Jessamy Hibberd and Jo Usmar draw on the very latest developments in cognitive behavioral therapy (CBT), to guide you through proven techniques to help you get your sleep patterns back on track. You will feel rested, happier, and immediately reap the benefits in your everyday life. Understand sleep Banish bad habits Tips for winding down Sleep-inducing strategies Control your sleeping environment Common myths busted

[This Book Will Make You Fall Asleep](#) Elsevier

Do you want to fall asleep as soon as your head hits the pillow? Sleeping like a child, calmly, and deeply relaxed every night? And then wake up in the morning fully regenerated and energetic ready to start another day? Then I would recommend you keep listening... Meditation and hypnosis have been used for centuries to treat many ailments, including the inability to sleep better. Sleep meditations and hypnosis are used to move your mind away from any wandering thoughts of stress, worry, or anxiety, and focusing your attention on relaxing, peaceful thoughts, and feelings that slowly and gently drag you to sleep. They can combat mild insomnia and other sleep problems, and make you feel more relaxed, calm, and productive the next day. This audiobook provides a complete guide to the following: Why practicing meditation and hypnosis will help you sleep well The best breathing exercises to relax and induce meditation Healthier habits to improve your nights Guided meditation and self-hypnosis for deep sleep The secrets of the relationship between sleep and physical health Improve your overall health by introducing meditation into your daily routine And more... This audiobook contains easy-to-start meditations and hypnosis techniques that can be used by both beginners and experts to get the most benefit in the simplest way possible. Whether you're having a good night's sleep or suffering from sleep disorders, this guide can help get to sleep quickly, stay asleep all night, or just getting deep, restful sleep, and waking up refreshed and energized. If you want to know more about how to get the most out of meditation and hypnosis and to learn to fall asleep instantly with a calm and peaceful state of mind then buy now to get Guided Meditations for Deep Sleep and to begin your journey right now!

The Sleep Doctor's Diet Plan Vitaliv AS

In this time of quarantine and global uncertainty, it can be difficult to deal with the increased stress and anxiety. Using ancient self-care techniques rediscovered by Herbert Benson, M.D., a pioneer in mind/body medicine for health and wellness, you can relieve your stress, anxiety, and depression at home with just ten minutes a day. Herbert Benson, M.D., first wrote about a simple, effective mind/body approach to lowering blood pressure in The Relaxation Response. When Dr. Benson introduced this approach to relieving stress over forty years ago, his book became an instant national bestseller, which has sold over six million copies. Since that time, millions of people have learned the secret—without high-priced lectures or prescription medicines. The Relaxation Response has become the classic reference recommended by most health care professionals and authorities to treat the harmful effects of stress, anxiety, depression, and high blood pressure. Rediscovered by Dr. Benson and his colleagues in the laboratories of Harvard Medical School and its teaching hospitals, this revitalizing, therapeutic tack is now routinely recommended to treat patients suffering from stress and anxiety, including heart conditions, high blood pressure, chronic pain, insomnia, and many other physical and psychological ailments. It requires only minutes to learn, and just ten minutes of practice a day.

Why We Sleep Sounds True

Following the huge success of his blockbuster weight-loss program, McKenna has created a groundbreaking new book-and-CD set that reveals the secrets of getting regular, deep, refreshing sleep--and banishing insomnia for good.

Activate Your Full Human Potential National Academies Press

Are you somebody who thinks sleep is for wimps? Or do you find it hard to survive on less than ten hours a night? Now you can make your sleeping time work for you. Sleeping Your Way to Success shows you how you could be creating your ideal life through what you do during those (until now) wasted hours. The time you spend blissfully unconscious can be the most productive of all, radically transforming the success you enjoy during your waking hours. You just need to know how, and this book will show the way. Unlike other books that deal with sleep and dreams, Sleeping Your Way to Success is not about insomnia or dream interpretation. Instead, it looks at how you can train your subconscious, through New DreamingTM, to make your dreams more positive and more directed towards your goals in life. This positive energy infuses your whole day, and ultimately brings those goals closer to reality. Whatever it is you want from life — a dream-home, a fulfilling career or mission, greater health, passionate love, financial wealth, some peace and quiet, the chance to create something wonderful — the way you are sleeping will decide whether you get there quickly, slowly, or if you even get there at all. To make sure that you have everything you wish for in this lifetime, you can start Sleeping Your Way to Success right now!

Improving Sleep: A guide to a good night's rest Rodale Books

Screw meditative methods, white-noise machines, and chamomile tea--this photographic compilation of silly

sweeties napping will lull you peacefully to sleep. As suggested by its title, this ridiculous book is a sleeping aid which harnesses the relaxing power of cute animals. Well, wait--haven't you heard? The secret to a happy and fulfilled life is to just get eight hours of sleep per night. Except there's one big catch: getting a good sleep is borderline impossible in our current snoozing climate. We've got smartphones forever by our bedside--complete with the blue-light temptation of scrolling through social media till sunrise. There's only one solution: turn off the phone, and flick instead through this therapeutic book of snoozy animals. They will coo you into sleepy submission. As its title subtly suggests, this book is literally just pictures of snoozing animals. Some of the lil' sleepy sweeties featured include resting raccoons, cats having a catnap, napping numbats, siesta-ing seals, drowsy dingoes, slumbering sloths, and zebras catching some much-needed Zs. Toward these furry angels we must turn in these dire times of sleeplessness to get a good night's sleep of our own. This book is the follow-up-of-sorts to the hugely successful and totally adorable This Book Is Literally Just Pictures of Cute Animals That Will Make You Feel Better.

(Book 2) The Science Behind Deep Sleep. How to Improve Mindfulness Through Beginner Meditation Stories, Stress Relief, Self Healing, Hypnosis and Have the Best Rest of All Random House

This manual attempts to provide simple, adequate and evidence-based information to health care professionals in primary health care especially in low- and middle-income countries to be able to provide pharmacological treatment to persons with mental disorders. The manual contains basic principles of prescribing followed by chapters on medicines used in psychotic disorders; depressive disorders; bipolar disorders; generalized anxiety and sleep disorders; obsessive compulsive disorders and panic attacks; and alcohol and opioid dependence. The annexes provide information on evidence retrieval, assessment and synthesis and the peer view process.

Sleep Stories for Adults Penguin

If you want to eliminate insomnia problems and improve your hypnosis, self-healing, and stress-relief abilities through bedtime meditation stories without resorting to magic pills, then keep reading... Insomnia is a problem that affects 78% of the world's population. The causes of this sleep disorder are food pollution and the electromagnetic waves to which we are subjected during our daily life. People ignore that this problem can lead to many other physical ailments including stress and low immune system defenses. This can lead to you getting sicker during the year, and over time you could be facing serious illnesses, including cancer. People do not realize that the quality of our lifestyle depends on the quality of sleep, and they try to solve the problem of insomnia with magic pills that can lead to our health deteriorating over the months. But you've probably always ignored this... and it's not your fault. They have simply always lied to you and never explained to you, for example, that listening to meditation stories before bedtime increases melatonin by 74% and consequently helps you sleep more soundly. The solution that this book offers is in fact being able to make you learn in a simple way how to eliminate stress and increase your self-healing, hypnosis, and mindfulness skills thanks to guided meditation, by reading relaxing and pleasant stories. What are some benefits you will notice after reading this book? 13 Unsettling Stories that Will Have the Power to Make You Fall Asleep Within Fourteen Minutes Subconscious Self-Hypnosis Techniques Contained within the Stories (Able to Put Even a Dinosaur to Sleep) Guided Meditation for Unconscious Self-Healing and Always Living in Well-Being Incredibly Relaxing Stories... You Won't be Able to Stay Awake and Read Them All! 84% Reduction in Stress Levels Thanks to the Simple Reading of Just Two Stories Before Sleeping Ability to Wake Up in the Morning Before the Alarm and with Physical and Mental Energies to the Maximum... AND MORE! Bedtime Stories for Adults (Book 2) is a concentration of pleasant and relaxing meditation stories with beautiful endings that will help you sleep soundly from the first night, even if you think you can't read before sleeping because of the high stress. These stories are specific for calming the mind and body and entering a slight state of hypnosis. Would You Like to Know More? Download now to find out about Bedtime Stories for Adults (Book 2).

Scroll to the top of the page and hit the Buy Now button.

100 Tips to Help You Sleep Better Harvard Health Publications

Alterations in sleep are common manifestations of aging that can lead to significant health problems and contribute to behavioural problems associated with age-related neurodegenerative disorders such as Alzheimer's and Parkinson's diseases. Recent advances have revealed key cellular and molecular mechanisms involved in sleep regulation, and this knowledge is helping to advance an understanding of both the normal functions of sleep and the mechanisms responsible for abnormalities in sleep in various neurological conditions and during normal aging. This volume of Advances in Cell Aging and Gerontology brings together chapters by leaders in the fields of sleep research and the neurobiology of aging. The book starts with chapters describing fundamental aspects of the neurocircuitry involved in sleep, patterns of brain activity during the different stages of sleep and disturbances of sleep during aging. The links between depression, anxiety and insomnia are reviewed in regards to the underlying neurochemical alterations that appear to involve abnormalities in neurotransmitter and neurotrophic factor signalling. The evolutionary basis of sleep is reviewed and the emerging evidence supporting a major role for sleep in learning and memory is described. The bulk of the book focuses on specific sleep disorders associated with aging and age-related neurodegenerative disorders. A comprehensive consideration of this topic is woven through a number of chapters that address both basic research and clinical aspects of sleep abnormalities during aging and in disease. The impact of sleep on the immune system is described. The articles are written in a high level of detail

and are comprehensive, thus providing valuable information for a range of scientists and other well-educated people. In particular, the book will be a valuable resource for graduate students, postdoctoral and senior scientists in the fields of sleep, aging, neurodegenerative disorders and learning and memory. In addition, clinicians will find this book valuable as it provides a bridge between basic research and the treatment of the patients with sleep disorders. * Covers the fields of sleep in aging and age-related disease from neurochemistry to the clinic * Includes detailed summary diagrams that depict key concepts * Provides views of the future of research on sleep and aging, and the potential for prevention and treatment of various sleep disorders

An Unmet Public Health Problem Poolbeg Press Ltd

Your sleep is broken! The chances are, you ' re NOT sleeping as well as you could. In fact, MOST of us just aren ' t sleeping as well as we could be, and this is showing up in various forms. People are feeling too tired to work, depressed and weak throughout the day. And this is usually one or two things that you ' re doing WRONG, that are stopping your body entering the deep sleep stage it needs, to restore and recover. Over the last few years, I ' ve collected several highly effective sleep hacks and tricks that you could use to sleep BETTER. These things work, and they work fast. SLEEP BETTER: We've collected dozens of tips, bits of information and methods or techniques for improving your sleep, and going to sleep faster. FEEL BETTER: If you practice these techniques you'll fall asleep better and feel much better in the morning. Lots of people complain of not getting enough sleep or not sleeping well enough, so we've collected the tips that can help you! SLEEP FASTER: Another common concern is people can't seem to fall asleep FAST enough, so we've collected some information on how to fall asleep faster and with less effort as well. Overcome your bad sleep habits and finally feel good when you wake up in the morning. We've spent months collecting the best and most effective tips and tricks for sleeping better, so you can enjoy your life more. Scroll up (or down) and order your copy now, and get started improving your sleep! SLEEP IS IMPORTANT! It ' s been shown that if you get better quality sleep everything else becomes easier: You ' ll have more energy You won ' t need naps during the day You ' ll recover from exercise faster Your immune system will be boosted You ' ll be less likely to get or stay depressed You ' ll be more creative There are LITERALLY thousands of benefits of getting better sleep.. So I ' ve created the ultimate guide: Sleep Hacker. Sleep Hacker contains over 50 powerful sleep hacks that you can use to improve your sleep and feel better. These things have been tried and tested by many people, and work fast, for almost everyone. What you ' ll learn in Sleep Hacker Why your body actually needs sleep and what happens when you don ' t get enough How your mattress position and settings really make a big difference to how well your body is able to sleep (It ' s not what you expect) How raising your bed a few inches at the headboard end can supercharge digestion and immune regeneration, and impact your dreams How to wake up at ANY TIME, every morning, WITHOUT an alarm clock, and WITHOUT feeling tired (This is so useful, and you ' ll be able to DECIDE how to live your mornings now) How to reset your natural body clock in one simple process (It ' s a challenge, but it WORKS) A natural and effective way to stop snoring so you can experience less sleep disturbances in less than a week The powerful form of yoga that makes falling asleep seem like a walk in the park, so you can stop wasting hours trying to fall asleep Why you need to STOP napping if you want to get the most out of your sleep time! (This is another thing most people get wrong) Finally, the ACTUAL best sleep posture explained, and why most people get this WRONG A strange type of soundwave audio that you can listen to that will practically sedate and soothe you to sleep in less than 9 minutes Over 50 unusual, strange sleep tips explained in great detail (I don ' t want to give away too much here!)