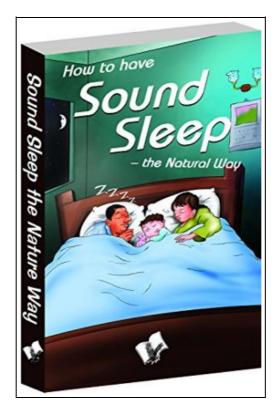
How to Have A Sound Sleep (Paperback)



Filesize: 1.63 MB

Reviews

Complete information for ebook fans. It is actually full of knowledge and wisdom I am pleased to inform you that this is basically the very best pdf we have read through inside my very own daily life and can be he very best ebook for ever.

(Gideon Morissette)

HOW TO HAVE A SOUND SLEEP (PAPERBACK)



Pustak Mahal, India, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand ******. Sleep Deprivation Can Make You Obese, Forgetful, Aged and Diseased for the Rest of Your Life! Don t blame lifestyle for your disturbed sleep. Did you know that sleeping more or fewer than seven hours a day greatly impairs the production of thyroid and stress hormones. This impairment, in turn, not only affects the memory, immune system and metabolism etc., but also increases the risk of high blood sugar levels, hypertension (high blood pressure), weight gain, accelerated ageing, depression and increased risk of heart attack. Researchers have also determined that sleeping adequately after a few days of disturbed sleep can very nearly erase any lingering sense of mental haziness and fatigue. In order to help you get a sound sleep and also to protect you from the need to take recourse to making up any lost sleep or disorder, the book details the importance, benefits, physiology and body reinvigoration of having sound sleep, untoward effects of sleep disorders and natural non-conventional methods of managing it. Also explained in various chapters are advantages of proper exercise, yoga, naturopathy, acupressure, colour music therapy, lifestyle changes etc., that enable waking up in the morning feeling fresh, fit and trim. A separate chapter is devoted to the Dos and Don ts to highlight factors that contribute towards bringing sound sleep. An indispensible book guaranteeing Sound Sleep to all readers every night!.



Read How to Have A Sound Sleep (Paperback) Online Download PDF How to Have A Sound Sleep (Paperback)

Other Kindle Books



Johnny Goes to First Grade: Bedtime Stories Book for Children's Age 3-10. (Good Night Bedtime Children's Story Book Collection)

Createspace, United States, 2013. Paperback. Book Condition: New. Malgorzata Gudziuk (illustrator). Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Do you want to ease tension preschoolers have...

Read Book



Runners World Guide to Running and Pregnancy How to Stay Fit Keep Safe and Have a Healthy Baby by Chris Lundgren 2003 Paperback Revised

Book Condition: Brand New. Book Condition: Brand New.

Read Book »



How Not to Grow Up: A Coming of Age Memoir. Sort of.

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, How Not to Grow Up: A Coming of Age Memoir. Sort of., Richard Herring, Comedian Richard Herring has a major problem. He's about to turn 40 and...

Read Book »



If I Have to Tell You One More Time: the Revolutionary Program That Gets Your Kids to Listen without Nagging, Reminding or Yelling

Tarcher/Putnam, US, United States, 2012. Paperback. Book Condition: New. 206 x 137 mm. Language: English . Brand New Book. The Revolutionary Program That Gets Your Kids To Listen Without Nagging, Reminding, or Yelling Why does it...

Read Book »



How Not to Kill: Your Spouse, Kids, and Coworkers

Outskirts Press, United States, 2013. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Ever feel like you just can t take it anymore? Have you...

Read Book »