



Sleep Secrets: Switch Off Your Brain, Sleep Better and Feel Refreshed in 9 Easy Steps (Paperback)

By MS D C Chittenden

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In Sleep Secrets, you will finally learn just how to switch off your mind, sleep better and wake up feeling refreshed, using the helpful action plan at the end of each chapter. There is no need to continue staring at the ceiling night after night after using these powerful steps and strategies to a better night's sleep. Make the Change, let today be the day you finally sleep soundly and say no to nights of insomnia! Here are some of the great things you will learn and do: What is insomnia and how is it caused? The Insomniac's checklist Nine simple steps in completely preparing you for sleep An easy to follow action guide Creating a personalized sleep log With the hustle and bustle of modern day living, the stress of a fast paced life is taking its toll on more and more people. Sleepless nights are a common and very real side effect of an overly busy mind, and can have devastating effects if not treated soon enough. To make it worse, the less we sleep, the...



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