



Sleep Better: 17 Hacks To Help You Fall Asleep In Under 1 Minute And Feel Rested: (Sleep Secrets, How To Beat Insomnia, Secrets To Getting Better Sleep, Toddler ... Brain Health, Memory Improvement)

John Martin

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17 Hacks To Help You Fall Asleep In Under 1 Minute And Feel Rested

The "Sleep Better: 17 Hacks To Help You Fall Asleep In Under 1 Minute And Feel Rested" is a perfect book for those people who find it difficult to sleep within 1 minute. If you are unable to sleep peacefully, then this book is specially designed for you. This book has 17 hacks that help you to fall asleep in 1 minute. It is a common practice among different people to sleep in the night and feel tired in the morning. They are unable to sleep well just because of their tensions and anxieties. It is important for you to learn how to deal with noise, the snores of your partner and other obstructions. You have to change your bad habits to increase the quality and quantity of your sleep. This book has 17 hacks that are really simple to follow and helped you to sleep well.

This book will offer:

- Common Sleep Problems and Their Adverse Effects
- Sleep Hacks for External Hindering Factors
- Sleep Hacks for Bad Habits
- Relaxation Hacks for Better Sleep
- Medical Sleep Hacks to Enjoy a Sound Sleep

If you are suffering from any sleeping disorder and living your life on sleeping pills, then this book is for you because then you will learn to change your habits. With constant practice and patience, you will be able to enjoy desired benefits. This book will help you to learn how to sleep naturally in 1 minute without any sleeping medication.

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