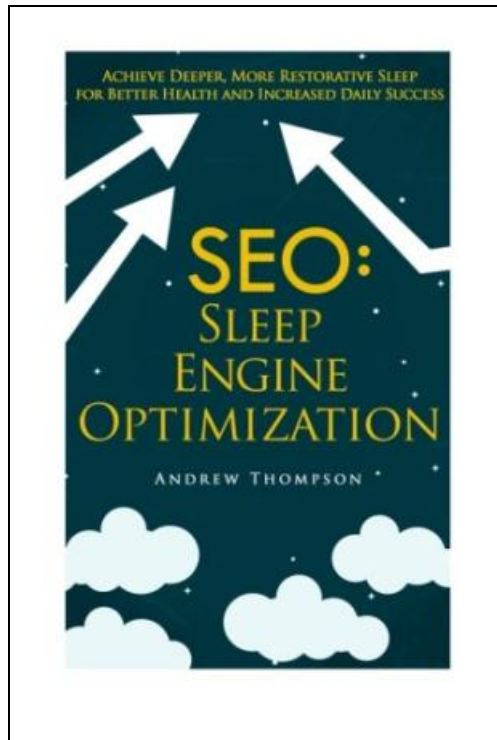


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Achieve A Deeper Sleep And Get The Rest Your Body Needs The significance of quality sleep is not a very new concept. As a matter of fact, it was more than 2,000 years ago when the great Greek doctor Hippocrates wrote, Illnesses exist if either watchfulness or sleep be excessive. The truth behind this saying still applies today like it did back then. Sleep is a crucial part of general health and well-being. Get a sufficient amount of sleep and you will boost everything from your brainpower to your energy levels. Get inadequate amounts of sleep and you will find yourself at an increased risk of a range of illnesses, from depression to diabetes. However, what has changed from the old times is that sleep deprivation is becoming more common in most developed countries. Thousands of people all over the world are not getting the sleep that their bodies need - a tendency that robs them of the essential rest and rejuvenation provided by quality sleep. Here Is A Preview Of What You ll Learn. The Importance Of Sleep And The Types Of Sleeping Disorders Tips To Maintain An Environment Conducive To Sleeping Know What Makes You Sleep And Keeps You Up Amazing Gadgets That Help You Fall Asleep Mastering The Art Of Napping To Sleep Better At Night Hypnosis And Yoga To Promote Better Sleep At Night Much, much more!.



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