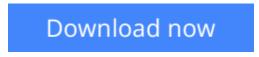


# The Insomnia Cure: Everything You Need to Know About How To Get A Better Night's Sleep, Overcome Insomnia, and Reduce Stress and Anxiety Forever! (Insomnia, ... Sleep, Reduce Stress and Anxiety Book 1)

Marie Ludlow



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The secret to sleeping soundly is that it's not about what you do right before bed that matters, but rather everything throughout your day. Also your environment around you can have a huge effect on the quality and quantity of your sleep. Even after you've fallen asleep, the quality of that sleep depends on several factors. Not to worry however, all that and more will be discussed in step-by-step detail so you will finally get that well earned rest you most definitely deserve, and stop wasting your time awake in bed!

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- The different stages of sleep and which ones you want to be in
- How things throughout your day can limit the amount of sleep you get during the night
- What do to do to change your surroundings
- Things to avoid doing before bed
- Things to do before bed that will make you drowsy
- How stress and anxiety can severely limit your amount and quality of sleep and you can avoid it
- Plus much, much more!

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#### **Roger Thomas:**

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#### **Mary Barnett:**

The book untitled The Insomnia Cure: Everything You Need to Know About How To Get A Better Night's

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