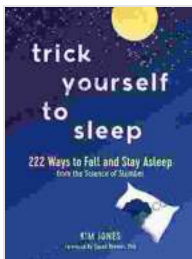


# 222 Ways To Fall And Stay Asleep: Unlock the Secrets of the Science of Slumber

Are you tired of tossing and turning all night? Do you wake up feeling groggy and unrested? If so, you're not alone. Millions of people suffer from insomnia, the inability to fall or stay asleep.

The good news is that there are many things you can do to improve your sleep. In his groundbreaking book, "222 Ways To Fall And Stay Asleep," Dr. Michael Breus, a leading sleep expert, reveals the latest science-based techniques for conquering insomnia and achieving blissful sleep.



## Trick Yourself to Sleep: 222 Ways to Fall and Stay Asleep from the Science of Slumber by Alisha L. Brosse PhD

★★★★☆ 4 out of 5

Language	: English
File size	: 11930 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 229 pages
Lending	: Enabled



Dr. Breus's 222 proven strategies are based on the latest research in sleep science. They cover everything from creating the ideal sleep environment to developing healthy sleep habits. Whether you're struggling with

occasional insomnia or chronic sleep problems, "222 Ways To Fall And Stay Asleep" has something for you.

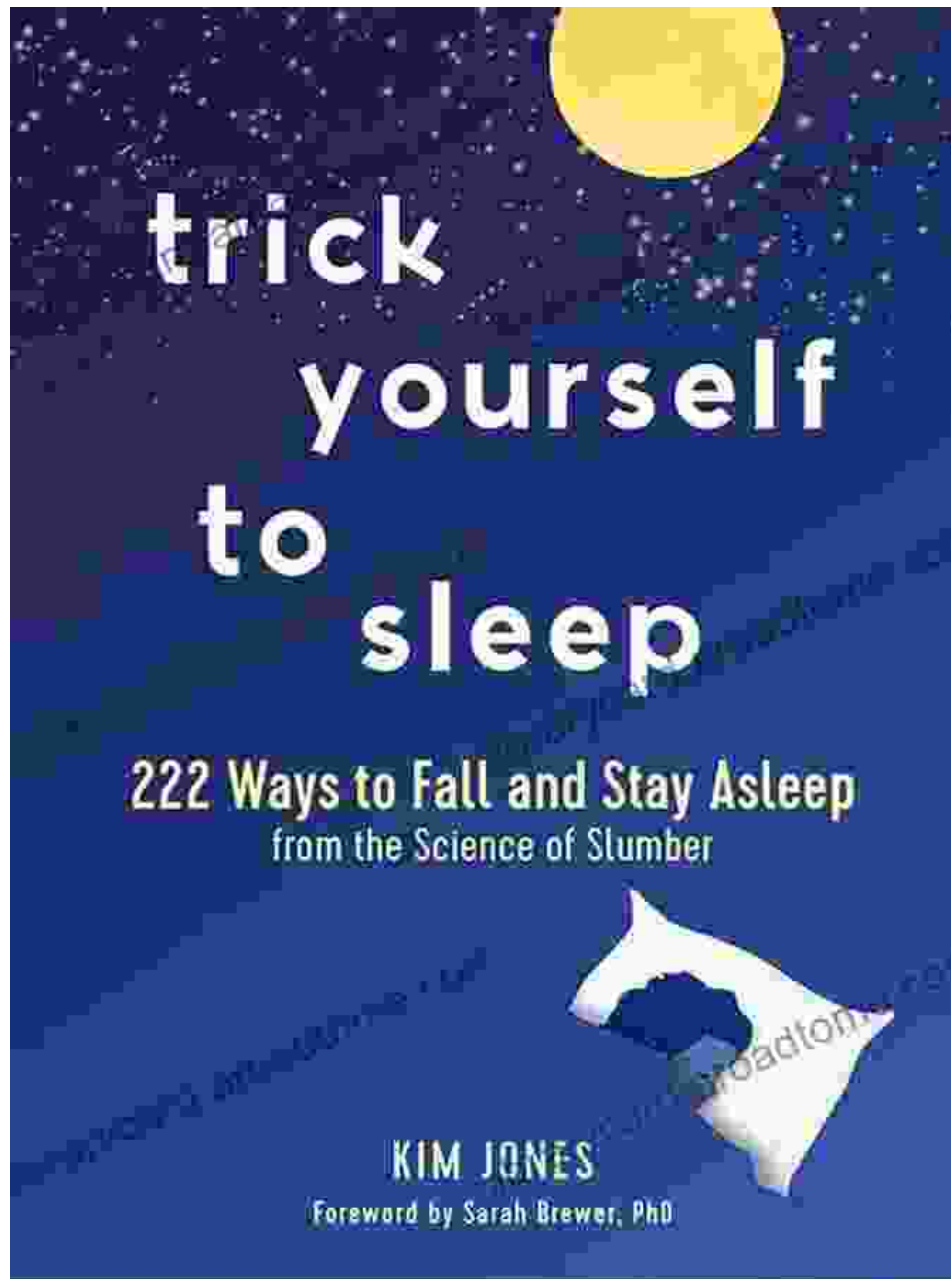
Here are just a few of the 222 ways you'll learn to:

- Create a relaxing bedtime routine
- Establish a regular sleep schedule
- Create the perfect sleep environment
- Manage stress and anxiety before bed
- Avoid caffeine and alcohol before bed
- Get regular exercise
- Eat a healthy diet
- Get enough sunlight
- Use relaxation techniques
- Try sleep aids
- See a sleep specialist

"222 Ways To Fall And Stay Asleep" is the most comprehensive guide to sleep improvement available. It's packed with practical advice that you can start using tonight. If you're ready to get a good night's sleep, Free Download your copy of "222 Ways To Fall And Stay Asleep" today.

You deserve to sleep well. Let Dr. Breus show you how.

Free Download Your Copy Today



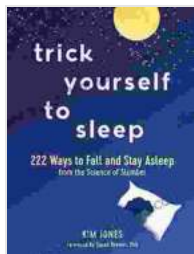
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By Dr. Michael Breus

: 978-0062229993

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