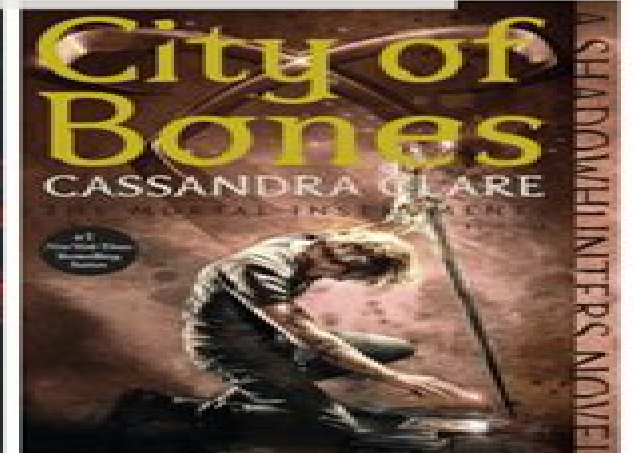
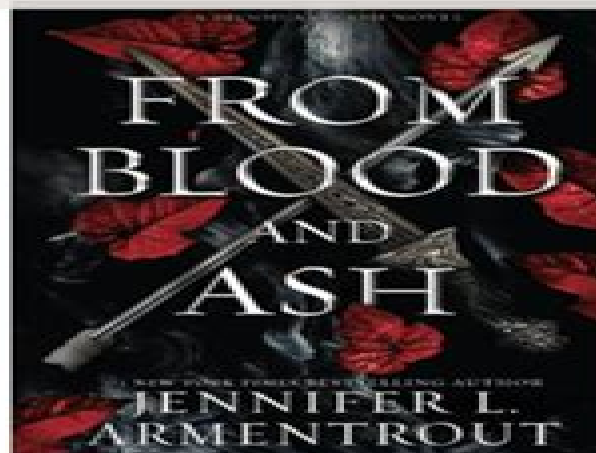
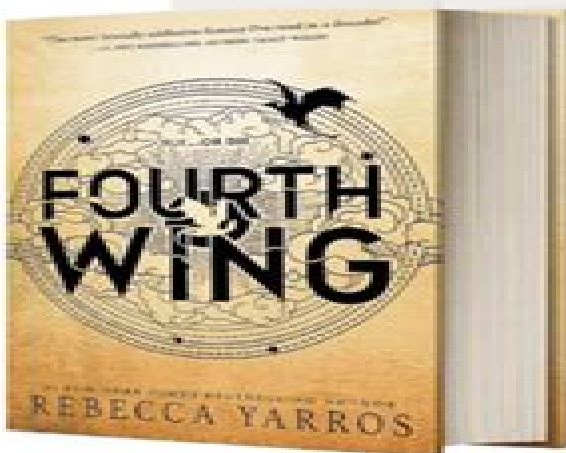
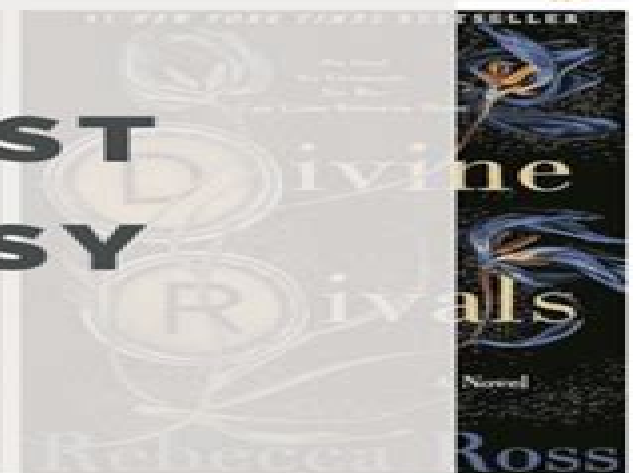
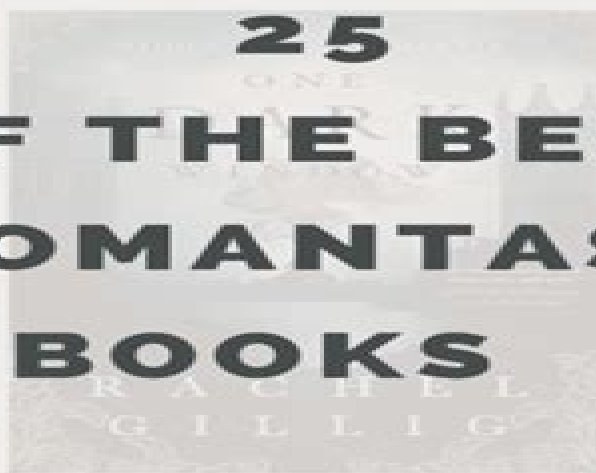
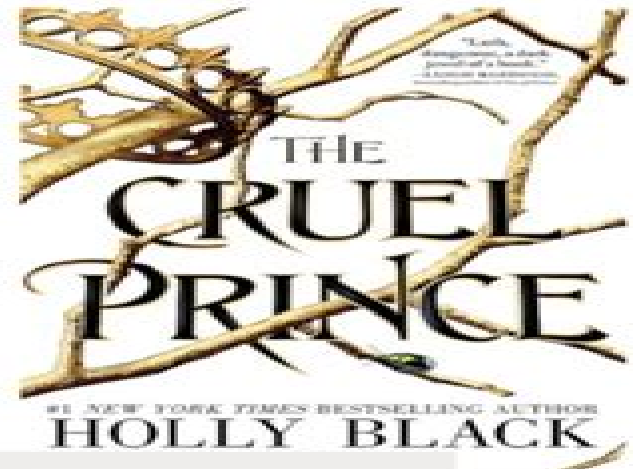
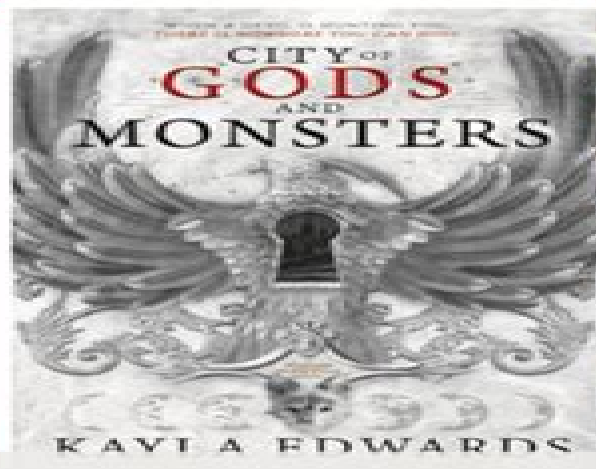
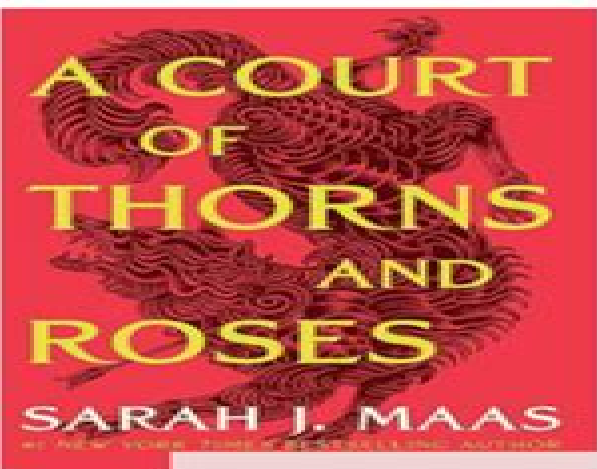




Sleep Hacks Romantasy Books Best

10 Hacks Publishing



Sleep Hacks Romantasy Books Best:

Yokai Treasures Books 1-3 Kate Grove,2024-02-29 Travel through time and find love in medieval Japan with witches samurai ninja and yokai in this captivating fantasy romance collection *Sword and Mirror* When Ciara finds herself stranded in medieval Japan in the middle of a territorial war she must enter into a fake relationship with a samurai warlord to survive No one gave her a heads up about supernatural enemies though *Smoke and Jewel* Following a lead on her cousin s disappearance Karen s luck seem to run out as she finds herself in a war torn Japan The only way out is to convince the ninja who captured her but they stand on different sides *Blades and Feathers* The plan was easy infiltrate the stronghold of a greenhorn lord obtain the treasure get out Falling for him was never her intention This is a collection of the first three books of the Yokai Treasures a romantasy series set in 16th century Japan heavily influenced by folklore and fantasy elements Includes the following books *Sword and Mirror* *Smoke and Jewel* *Blades and Feathers* Keywords collection omnibus boxset slowburn enemies to lovers fake relationship crossdressing yokai tengu samurai ninja shinobi timetravel Japan witch magic supernatural powers hurt and comfort dragons gods *Whisper of War and Storms* C.L. Mecca,2025-02-11 Dive into a brand new spellbinding enemies to lovers romantasy adventure of tangled secrets and dark magic Enemies to lovers Forbidden romance A brooding prince Elemental magic Immortal beings Deliciously spicy A lost princess A forbidden love A destiny she never knew awaited her When a forgotten ring reveals Mevlida Brennan s true heritage as the long lost princess of Aetheria a kingdom of immortals and magic her world is turned upside down But there s just one problem Mev didn t know she was missing Thrust into a realm on the brink of war Mev is caught between her newfound legacy and a dangerous political game A powerful king holds the key to restoring the ancient portal that connects their realms but his son Kael stands in her way Brooding relentless and dangerously irresistible Kael is sworn to protect his people even if it means kidnapping Mev to keep her from uncovering the truth As dark forces rise and her dormant powers awaken trust is a luxury neither can afford yet their hearts may leave them no choice Mev must embrace her destiny or risk losing everything Because the storm isn t coming it s already here In a battle of elemental magic loyalty and love one whisper could spark a war For fans of Sarah J Maas Callie Hart Rebecca Yarros and Jennifer L Armentrout Readers LOVE C L Mecca s epic romantasy books When it said perfect for fans of Sarah J Maas Callie Hart Rebecca Yarros and Jennifer L Armentrout it was spot on Reader Review Multiple realms magic and romance is what you can expect in this wonderful story from C L Mecca Reader Review Recommending to everyone I know Reader Review *Whisper of War and Storms* is a compelling read for fans of epic fantasy and poignant romance It s a tale that lingers Reader Review **Ryder's Storm (Scanguards Hybrids #1) (Scanguards Vampires #13)** Tina Folsom,2022-06-09 Ryder Giles a formidable vampire hybrid and the calmest most unshakeable bodyguard at Scanguards believes he s met his match in Scarlet King She s an introverted trust fund baby and PhD candidate notoriously difficult and manipulative and every other bodyguard has thrown in the towel Ryder however is confident he can handle her

He couldn't be more wrong Little does Ryder know that Scarlet is the fiery seductress who gave him a fake name during their explosive life altering encounter at a nightclub Now secrets and intrigue collide forcing them into an impossible alliance As danger closes in Scarlet and Ryder must brave the treacherous currents of distrust and deceit Can they find the courage to rely on each other and avert the looming tragedy or will their burgeoning love be crushed before it has a chance to bloom

Lara Adrian New York Times Bestselling Author of the Midnight Breed series I'm addicted to Tina Folsom's books The Scanguards series is one of the hottest things to happen to vampire romance If you love scorching fast paced reads don't miss this thrilling series

ABOUT THE SERIES The Scanguards Vampires series is full of fast paced action scorching love scenes witty dialogue and strong heroes and heroines Vampire Samson Woodford lives in San Francisco and owns a security bodyguard company Scanguards which employs both vampires and humans And eventually some witches Throw in a few immortal guardians and demons later in the series and you'll get the drift Each book can be read as a standalone and always centers around a new couple finding love but the series is more enjoyable when read in order And of course there are always a few running jokes you'll understand when you meet Wesley a wannabe witch Enjoy Scanguards Vampires

Samson's Lovely Mortal 1 Amaury's Hellion 2 Gabriel's Mate 3 Yvette's Haven 4 Zane's Redemption 5 Quinn's Undying Rose 6 Oliver's Hunger 7 Thomas's Choice 8 Silent Bite 8 Cain's Identity 9 Luther's Return 10 Novella Mortal Wish Blake's Pursuit 11 Fateful Reunion 11 John's Yearning 12 Ryder's Storm 13 Damian's Conquest 14 Grayson's Challenge 15 Isabelle's Forbidden Love 16 Cooper's Passion 17 Vanessa's Bravery 18 Patrick's Seduction 19 Stealth Guardians Lover Uncloaked 1 Master Unchained 2 Warrior Unraveled 3 Guardian Undone 4 Immortal Unveiled 5 Protector Unmatched 6 Demon Unleashed 7 Venice Vampyr Wicked Lover 1 Final Affair 2 Sinful Treasure 3 Sensual Danger 4 Other Series Code Name Stargate Out of Olympus The Hamptons Bachelor Club Time Quest Thriller Eyewitness

The Scanguards Vampires series has it all love at first sight enemies to lovers meet cute instalove alpha hero fated mates bodyguard band of brothers damsel in distress woman in peril beauty and the beast hidden identity soul mates first love virgins tortured hero age gap second chance love grieving lover return from the dead secret baby playboy kidnappings friends to lovers coming out secret admirer last to know unrequited love amnesia royalty forbidden love identical twins partners in fighting crime

Verdant Magic Aimee Easterling, 2017-02-25 USA Today bestselling author Aimee Easterling's new series is chock full of electric story telling and wild post apocalyptic world building Ever since dragon fire killed her parents Amber Gardener has resolved to protect her enclave of illegal magic users from the dangers of the outside world So when a winged intruder lands in her garden the witch's initial impulse is to defend her neighbors using every weapon at her disposal up to and including the use of deadly force But at the last moment the invading dragon shifts into a mysterious yet handsome stranger whose calm nature prompts Amber to question everything she previously believed to be true Too bad her childhood sweetheart has no such compunction against dealing with danger the quick and dirty way Enter a murderous dragon on the rampage an unexplained fading illness and a

kind hearted innocent kidnapped out of her bed Can Amber abandon her post as protector and team up with her enemy in time to save people they both hold dear Dive into an exhilarating new adventure with this series of interconnected standalones Books can be read in any order but chronological order is as follows 1 Incendiary Magic 2 Verdant Magic 3 Cerulean Magic *Dragon Mage Chronicles* Aimee Easterling,2017-11-30 Three dragon shifters Three elemental witches Three stories full of excitement and adventure Fire mage Fee cut her teeth on tales of dragons dastardliness So she willingly straps explosives to her belly and sets off to infiltrate the home base of the shifters who rule over all mankind Peaceful earth mage Amber finds a dragon in her garden and is faced with defending her enclave of illegal magic users with every weapon at her disposal up to and including the use of deadly force And wind witch Sabrina butts up against a dragon s honor as she chooses between shielding precious friendships and allowing layer upon layer of deceit to finish turning her family name to mud USA Today bestselling author Aimee Easterling s romantic fantasy series contains two novels and one novella Together the titles have racked up over 150 glowing five star reviews Electric story telling JOJO Wild post apocalyptic world building Tera Comer This was one of those rare stories that sweep you away into another world and you leave it looking forward to your next visit BookAddict I lost sleep to read it fully then when I did sleep I woke early to get back to the story Do not attempt to read if you have work to do first Cynthia Stevens This book has it all Bad guys good guys people you can love and people you can hate Action adventure and love VaWineLover Dragons Magic and Adventure who could ask for more Sara F

Ways to Fall Asleep Pyramid,2020-04-02 Keep this book by your bedside as the ultimate aid for nodding off in no time In this handy little book you ll find a whole range of tips tricks and relaxing activities to help you switch off and unwind From dot to dots and colouring in to meditations and yoga poses you ll find all you need to wind down at the end of a stressful day and relax in preparation for a restful night s sleep *Sleep Hacker* Transcend Your Limits,2022-02-21 Your sleep is broken The chances are you re NOT sleeping as well as you could In fact MOST of us just aren t sleeping as well as we could be and this is showing up in various forms People are feeling too tired to work depressed and weak throughout the day And this is usually one or two things that you re doing WRONG that are stopping your body entering the deep sleep stage it needs to restore and recover Over the last few years I ve collected several highly effective sleep hacks and tricks that you could use to sleep BETTER These things work and they work fast SLEEP BETTER We ve collected dozens of tips bits of information and methods or techniques for improving your sleep and going to sleep faster FEEL BETTER If you practice these techniques you ll fall asleep better and feel much better in the morning Lots of people complain of not getting enough sleep or not sleeping well enough so we ve collected the tips that can help you SLEEP FASTER Another common concern is people can t seem to fall asleep FAST enough so we ve collected some information on how to fall asleep faster and with less effort as well Overcome your bad sleep habits and finally feel good when you wake up in the morning We ve spent months collecting the best and most effective tips and tricks for sleeping better so you can enjoy your life more Scroll up or down and order your

copy now and get started improving your sleep SLEEP IS IMPORTANT It s been shown that if you get better quality sleep everything else becomes easier You ll have more energy You won t need naps during the day You ll recover from exercise faster Your immune system will be boosted You ll be less likely to get or stay depressed You ll be more creative There are LITERALLY thousands of benefits of getting better sleep So I ve created the ultimate guide Sleep Hacker Sleep Hacker contains over 50 powerful sleep hacks that you can use to improve your sleep and feel better These things have been tried and tested by many people and work fast for almost everyone What you ll learn in Sleep Hacker Why your body actually needs sleep and what happens when you don t get enough How your mattress position and settings really make a big difference to how well your body is able to sleep It s not what you expect How raising your bed a few inches at the headboard end can supercharge digestion and immune regeneration and impact your dreams How to wake up at ANY TIME every morning WITHOUT an alarm clock and WITHOUT feeling tired This is so useful and you ll be able to DECIDE how to live your mornings now How to reset your natural body clock in one simple process It s a challenge but it WORKS A natural and effective way to stop snoring so you can experience less sleep disturbances in less than a week The powerful form of yoga that makes falling asleep seem like a walk in the park so you can stop wasting hours trying to fall asleep Why you need to STOP napping if you want to get the most out of your sleep time This is another thing most people get wrong Finally the ACTUAL best sleep posture explained and why most people get this WRONG A strange type of soundwave audio that you can listen to that will practically sedate and soothe you to sleep in less than 9 minutes Over 50 unusual strange sleep tips explained in great detail I don t want to give away too much here *Let's Talk Sleep* Adam Rush,2017-08-09 Do you want to feel energetic sharp and productive all the time Do you want to look better have better memory and higher sex drive Of course you do Sleep is the solution If you suffer from insomnia or sleep deficiency this book will provide some tips tricks and hacks that can help you fall asleep faster and get better quality sleep This book will teach you The benefits of sleeping Why we sleep The stages of sleep How meditation and mindfulness can help you sleep better How to take advantage of your circadian clock Improving your sleep hygiene How sleep affects your hormones Foods supplements and hacks that can improve your sleep The best apps and products for quality sleep **Insomnia** Peter Cook,2020-05-18 Improve the Quality of Your Sleep Learn 84 sleep hacks to fall asleep fast sleep better and wake up feeling rested If you re having trouble sleeping this is the best place to get started Get Your Copy of Insomnia 84 Sleep Hacks Sleep is weird don t you think For about one third of every day you lie down with your eyes closed while your system shuts down Yet without sufficient sleep we wouldn t be able to Get stuff done Remember things or even Feel fit and healthy All the beauty in the world around us insofar as it is created by mankind could not exist Unfortunately sleeping disorders like insomnia and sleep apnea and also a disorder like chronic fatigue syndrome can have a detrimental impact on the quality of your sleep I have good news for you though You can take back control of your life Here is what I want you to do Read this book Apply the Sleep Hacks And end your insomnia

Why You Should Check Out Insomnia 84 Sleep Hacks This book is jam packed with 84 practical sleep hacks that will help you to fall asleep fast and sleep soundly This book is divided into 3 parts Part A Sleep Explained Part B How To Sleep Better Part C Recap In Part A Sleep Explained you will learn What sleep is Why we sleep How sleep works How light affects your sleep How much sleep we need Why we dream and What sleeping disorders are These are the basics it is important to have a good understanding of how sleep works Once you do you are ready to take action Part B How To Sleep Better is loaded with sleep hacks tips and strategies that you can use to sleep better and deeper waking up recharged If you have trouble sleeping these 84 sleep hacks are your magic pills No sleeping pills or drugs But practical hacks and strategies that will put you in pole position giving you the best possible shot at relaxing and overcoming lack of sleep And to make it easy for you to commit and take action Part C Recap recaps all the Key Takeaways and Sleep Hacks This is an excellent resource you can always get back to if you want to review what you have learned Finally as a FREE EXCLUSIVE BONUS you ll also get the chapter How Yoga Reduces Stress from my popular book Yoga For Beginners 10 Super Easy Yoga Poses To Reduce Stress and Anxiety Practicing yoga can do wonders for your ability to relax and let go which in turn helps you sleep better If you apply what you will learn in Insomnia 84 Sleep Hacks you will be able to once again fall asleep fast sleep better and have sweet dreams Shall we get started Then get your copy of Insomnia 84 Sleep Hacks now

10 Hacks for Sound Sleep and Optimal Health

10 Hacks Publishing,2025-03-28 Are restless nights stress or fatigue affecting your daily life 10 Hacks for Sound Sleep and Optimal Health is your go to guide for natural science backed solutions to achieve deep restorative sleep without medication This practical book outlines ten powerful sleep hacks designed to optimize sleep quality improve energy levels and support overall health Whether you re struggling with insomnia an inconsistent sleep schedule or daily stress these expert strategies will help you reclaim the rest you deserve Inside you ll discover Hack 1 Mastering Your Sleep Environment Transform your bedroom into the ultimate sleep sanctuary with simple yet effective adjustments Hack 2 The Power of Consistent Sleep Schedules Learn how to reset your body clock and establish a sleep routine that promotes long term wellness Hack 3 Nutrition for Nightly Rest Uncover the best and worst foods that influence your ability to fall and stay asleep Hack 4 Movement and Exercise Find out how the right type and timing of exercise can enhance your sleep quality Hack 5 Stress Management Techniques Master relaxation methods that calm the mind and prepare your body for rest Hack 6 Technology and Sleep Minimize blue light exposure and digital distractions for better sleep hygiene Hack 7 Understanding Sleep Cycles Discover the science behind sleep phases and how to optimize your nightly rest Hack 8 Sleep Supplements Explore natural remedies and supplements that actually work to enhance sleep Hack 9 Gut Health and Sleep Quality Understand the powerful connection between your gut and sleep quality Hack 10 Personalizing Your Sleep Plan Learn how to tailor these sleep hacks to fit your lifestyle and unique needs Say goodbye to sleepless nights and hello to waking up refreshed energized and ready to take on the day Whether you re a busy professional a student or simply someone looking to improve your sleep

this book provides actionable steps for achieving optimal rest and health Start your journey to better sleep today grab your copy now *Top 10 Hacks for Good Sleep* Kairos Somnik,2023-03-31 Sleep is one of the most important activities of our body It is the time when our body regenerates and our brain processes and stores what we have experienced during the day A good night s sleep is therefore crucial for our health and well being However in a hectic world where we are constantly under pressure and faced with a plethora of distractions it is often difficult to get enough sleep and to sleep deeply This little book is designed to help you achieve better sleep We have compiled the top ten hacks that can help you fall asleep faster sleep deeper and wake up refreshed and ready for the day Each of these hacks has been proven and can help improve your sleep quality We will refrain from unhealthy methods such as sleeping pills or crude tips like drinking alcohol before going to bed No endless reading of countless pages In this book we will present these ten hacks briefly without rambling and explain why they work We will give you practical tips and techniques that you can easily integrate into your daily life Whether you have difficulty falling asleep wake up frequently at night or simply wake up tired and restless this book can help you optimize your sleep We hope that you will consider this book as a valuable resource that will help you get better sleep and feel better Let s now begin to discover the top ten hacks for better sleep Sleep Hacking Errol Mccoy,2015-11-30 Sleep Hacking FREE Bonus Included 25 Excellent Sleeping Hacks Which Make an Incredible Difference to Your Life Learn How to Sleep Better and Wake Up Refreshed Do you often wake up in the morning feeling more exhausted than before you went to bed Do you suffer from insomnia even though your whole body craves for sleep Then this book has the cure for your sleepless night It will give you 25 excellent sleep hacks that will help you fall asleep easily sleep better and wake up refreshed It will show you how to mitigate the effects of external sleep obstructing circumstances especially if you live in a brightly lit and noisy environment have a snoring partner that furthermore steals your bed cover and if your pet sneaks into your bed at night It will also advise you how to change your bad habits that may hinder sleep and how to relax and leave all your personal and professional worries and concerns outside your bedroom door Follow the listed sleep hacks and you will certainly enter Dreamland without any problem whatsoever while waking up in the morning revitalized as energetic as ever and ready to perform your daily duties Sweet dreams Here is what you will learn after reading this book 10 sleep hacks against external sleep hindering factors 10 sleep hacks to fight bad habits 3 sleep hacks that will help you relax 2 medical and medicinal sleep hacks Getting Your FREE Bonus Read this book and see BONUS Your FREE Gift chapter after the introduction or after the conclusion *10X Better Sleep Hacks* Franz Meladoro,2025-02-23 The only Manual with proved practical tips for the most restful sleep from tonight ACHIEVE PASSIVE REJUVENATION and WAKE RECHARGED ENJOY IMPROVED MEMORY IMMUNE SYSTEM BOOST WEIGHT BALANCE MUCH BETTER MOOD By doing nothing the best possible way Still have to figure out a system to make you rich as you sleep though Sorry next time Contains the CHRONOTHERAPY Secret Technique to reset your sleep hours and working methods against Nightmares INCLUDES A FREE COPY OF THE DEFINITIVE GUIDE

TO PICK THE BEST MATTRESS AND BED So you won't have to cope with the lies of mattresses sellers **Sleep to be Sexy, Smart, & Slim** Ellen Michaud, Julie Bain Health Director Reader's Digest, 2009-05-14 Based on interviews with more than 100 of the country's top sleep experts Sleep to Be Sexy Smart and Slim provides women with an understanding of the issues surrounding sleep and offers hundreds of solutions tips and strategies for dealing with their unique sleep challenges The book is organized into six sections Introduction Discusses how sleep affects every part of your life from sex to IQ to energy to aging Part 1 Do You Have a Sleep Problem Quizzes to let you determine your sleep style and how much sleep is enough Part 2 Surefire Strategies for Getting a Good Night's Sleep Solutions that are most appropriate for your sleep type You'll be surprised at the number of things you can do to eliminate sleep interrupters Part 3 Sleep Saboteurs The most common sleep problems or challenges with testimonials from women who share both their problem and personal tricks Part 4 The New Meds A thumbs up thumbs down look at the new meds Doctors are quick to prescribe sleep aids but that's a temporary fix This section lists the top selling sleeping pills and their sometimes bizarre side effects Resources Provides a state by state listing of sleep centers websites and helpful information The thoroughly researched concise information in this book is written in a lively engaging style and delivers the latest research solutions that will let every woman realize the book's promise Get a good night's sleep and you will feel sexier smarter and slimmer **Good Night, Brain** Greg Lee, Antonia Van Becker, 2024-06-26 Concise clear and light hearted Good Night Brain is a comprehensive guide crafted to empower adults struggling with insomnia to conquer their sleep challenges and unlock the restorative power of sleep Dive into a journey of self discovery and transformation with master energetic healers Antonia Van Becker and Greg Lee as you uncover personalized strategies to soothe your restless mind overcome nighttime obstacles and embrace rejuvenating sleep Explore ancient wisdom and modern insights to understand the intricate dynamics of your sleep patterns and uncover the keys to restful slumber tailored to your individual needs With Good Night Brain you have the freedom to adapt and evolve your sleep routine over time ensuring sustained progress as you transform your sleep habits Discover simple yet effective techniques that seamlessly integrate into your daily life ensuring that achieving restful sleep is both convenient and sustainable By nurturing deep uninterrupted slumber you'll cultivate a sense of inner peace resilience and emotional equilibrium that permeates every aspect of your life Dive into Good Night Brain today and embark on a transformative journey towards restorative sleep and holistic well being Your journey to a revitalized life starts now **Insomniac Freak: Sleep Like a Baby and Wake Like a Champion** Marianne Meeder, 2018-09-18 This is a life coaching and motivational book about crossing over from insomnia stress sleep deprivation and sleep problems into the land of sweet sleep and being able to sleep like a baby It is based on the premise that sleep is a barometer of emotional health so looking at negative emotions such as anxiety or fear setbacks failures unfulfilled dreams and ambitions can help the reader to find peace with the inner demons that may be keeping them up at night It is written by a business coach who began with the problem and used every intuition

to take back their own life and find inner greatness again It is great for anyone looking to achieve life balance make changes in their lives and be empowered to find their destiny It is a book about making a comeback in every area of life such as health personal relationships business career romance and fitness It looks at the principles of vulnerability synergy and accountability to heal the areas of life out of balance or broken It contains sleep hacks to improve sleep and motivation to make major life changes It has short chapters and is written in more of a journal format *Rest in Him Tonight* Maria Garcia,Jack Norton,Kitty Norton,2025-03-28 Find God s Peace in Every Zzz Sleep Better Starting Tonight Are restless nights stealing your joy Discover the sleep you ve been craving with *Rest in Him Tonight* 20 Faith Filled Hacks for Better Sleep Blending cutting edge science with timeless biblical wisdom this book offers 20 simple powerful steps to transform your nights starting tonight From dimming the lights to sipping soothing tea each hack is a practical tool wrapped in faith designed to help you drift off faster sleep deeper and wake up refreshed ready to shine God s light Why keep tossing and turning when God s gift of rest is within reach Whether it s a racing mind a buzzing phone or a stuffy room keeping you awake these bite sized tips like setting a sleep schedule blessed by Ecclesiastes or breathing deep with the Spirit s calm fit seamlessly into your busy life No overhaul required just small tweaks with big payoffs all rooted in Scripture and proven by research Imagine closing your eyes in peace wrapped in His care and rising with energy to live your calling Perfect for anyone longing for better rest without losing their faith filled focus *Rest in Him Tonight* isn t about perfection it s about progress Pick one hack or try them all by the end you ll have a toolbox to build your dream sleep routine Flip the script on sleepless nights and step into the rest Jesus promised Come to me and I will give you rest Matthew 11:28 Your peaceful sleep starts here tonight *222 Ways to Trick Yourself to Sleep* Kim Jones,2019-03-14 Wide ranging backed by science and research informative and easy to understand this is a great book for the sleep deprived Lisa Artis The Sleep Council When was the last time you had a proper night s sleep In today s fast paced non stop world research by the UK s Sleep Council has found that almost a third of us don t get enough sleep most nights Insomnia can wreak havoc on everyday life leaving us feeling exhausted irritable and unwell Lack of sleep has also been linked to a whole host of long term chronic conditions including Type 2 diabetes heart disease stroke high blood pressure obesity and depression But don t despair help is at hand This book is packed with easy to read and simple to follow tips as well as some weird and wonderful tricks all gathered from expert scientific research that will help you fall asleep and stay asleep You may be surprised to learn that everything from having a purpose in life to warming your feet from what you eat through the day to how you breathe from how much time you spend outdoors to reframing your thoughts and mindset can all help you get a better night s rest A good night s sleep can help change your life for the better and this book will help you to achieve it **Complete Guide to Sleep Care** Kiki Ely,2022 *The Complete Guide to Sleep Care* provides scores of new tips and tricks to help you achieve better rest *The Ultimate Sleep Easy Guide* Shawn Walker,Chris Stevenson,2020-02-14 Do you want to live happier and serene days by

understanding how to sleep better and completely eliminate your daily stress and negative feelings What is sleep The most common answer and belief is that it s just a time during which our body and mind stop working In reality what actually happens is nothing like that sleep is an extremely important and active period during which many vital processes take place Getting good sleep is vital for your well being and health Without proper sleep your body won t be able to regulate its hormones or rest your muscles and your cortisol levels will skyrocket along with your stress You might not know this but about half of the global population suffers from 70 different sleeps disorders with more or less serious repercussions to their everyday life among a list of many we can find sadness stress and drowsiness during the day lack of energy or constant tiredness When you are not sleeping well your body and mind are not functioning properly and this can affect your day quite a bit The effects can vary maybe you might not be able to carry out simple tasks like getting along with others or more complex ones like working on a project with an imminent deadline By sleeping you restore your body and mind regaining that mental and physical strength necessary to face the following day The purpose of this book after months of research is to give you the most up to date and relevant sleep hacks discovered all around the globe to help you live a happier and better life Here s the benefits that you will gain from reading this book Greatly improved sleep quality while teaching your body how to sleep for the right amount of time The elimination of all feelings of drowsiness lack of concentration during the day Reduced levels of Daily Stress and Anxiety More energy than you ever dreamed of Improved relationships along with your emotional and social intelligence Healthy brain functions and mental health Better physical health and better control of your body A boost in your daytime performance productivity and efficiency The ultimate 30 sleep secrets to effectively turn your life around The ultimate sleep easy guide is full of practical teachings that will have an immediate and positive impact on your life Instead of just telling you what you should do we provide you the best science based practical fact that can create lasting and real changes in your life if applied to your routine on a regular basis If you want to know more don t be anxious relax and Scroll to the top of the page and press the buy now button

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