



**AS THE NIGHT GETS DARK,
LET YOUR WORRIES FADE.
SLEEP PEACEFULLY
KNOWING YOU'VE DONE ALL
YOU CAN DO FOR TODAY.**

- Roald Dahl

Sleep Is For Everyone

**American Society for Psychical
Research**

Sleep Is For Everyone:

137 Tips for Reclaiming Deep Restorative Sleep Every Night! Belinda Hayward, 2018-09-26 If you're like most people you need eight hours of sleep per night. If you don't get it, you're tired, cranky, and no fun to be around. It's normal to occasionally have trouble falling or staying asleep, but if you're constantly waking up unrefreshed, you must address the problem now. Belinda Hayward, a nutritionist, herbalist, and health coach who has helped many patients battle insomnia and who has struggled with the condition herself, explores how to get a good night's sleep in this self-help guide. Tips include: Avoid alcohol, which increases the production of stress hormones and interferes with brain chemistry and sleep cycles. It may get you to sleep initially, but as the liver works to break it down, it will often cause you to wake up. Get a healthy intake of tryptophan, which is an essential amino acid found in turkey and other meats, bananas, milk, eggs, oats, cottage cheese, fish, and seeds. Structural problems in the body affect function or mobility and can lead to other problems, including poor sleep and digestive complaints. A misalignment of cervical cord one C1 can present as nervousness and insomnia. Reclaim happiness, boost productivity, and discover energy you never knew you had with this guide to improving sleep. Effective Guide on How to Sleep Well Every Day Vitaliv AS, David Ericson, Stop. If you have been suffering from sleepless nights, then this is the book you've been looking for. Effective Guide on How to Sleep Well Every Day is a new book based on hundreds of case studies from what the author calls Super Sleepers. People in this group all share one thing in common: they sleep exceptionally well despite common setbacks like Shift Work, Old Age, Frequent Travelling, Having young children, High Stress Jobs Like CEO's, Doctors, and Firemen. If any of the above describes you, then read on. In the pages of this guidebook, you will discover: What to do if you ever wake up at night (page 41) 6 specific ways to reduce stress instantly; at least one is GUARANTEED to work for you (page 62). How to use Yogurt for improved sleep all night (page 90). A basic psychology shortcut that will rewire your brain for sleep (page 75). Six types of drinks that calm you down and induce sleep naturally (page 92). 3 tips for great sleep for older adults (page 105). One special breathing exercise that induces sleep instantly (page 70). 3 hacks for better sleep for night shift workers (page 107). A simple technique for breastfeeding mothers that regenerates energy with no effort (page 103). You could call these simple secrets, recipes for success, or hacks, because they will give you little shortcuts to get exactly what you want out of sleep. Why Choose This Book? Effective Guide on How to Sleep Well Every Day is not like other books that give you advice on some parts of the sleep process but never the full picture. In this book, you will get the full story. All the way from what kind of pillow works best to how your diet impacts your sleep. For example, here's what you'll discover about your bedroom setup: How to prevent your mattress from giving you stress because it does (page 50). How to improve your bed with bricks. And why it works (page 51). The best and worst materials for great sleep (page 52). The 1000 year old miracle pillow used by pharaohs that fixes your back pain (page 54). The 4 essential oil fragrances to use to banish stress every time you walk into your bedroom (page 56). What to do if climate forces you to sleep in a humid, arid room (page 59). How the timing of your meals can

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