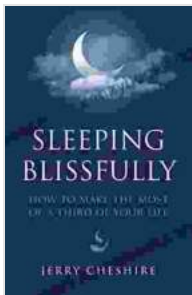


How to Make the Most of the Third of Your Life You Spend Asleep

Sleep is essential for our physical and mental health. It helps us to repair our bodies, consolidate our memories, and regulate our hormones. When we don't get enough sleep, we are more likely to experience a variety of health problems, including obesity, heart disease, diabetes, and depression.



Sleeping Blissfully : how to make the most of a third of your life by Jerry Cheshire

★★★★☆ 4.5 out of 5

Language : English
File size : 2403 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 182 pages
Lending : Enabled



Most of us don't get enough sleep. The average adult needs 7-8 hours of sleep per night, but most people only get 6-7 hours. This sleep deficit is having a negative impact on our health and well-being.

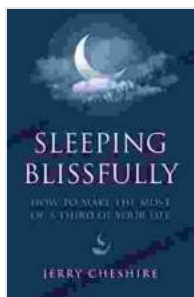
The good news is that there are a number of things we can do to improve our sleep. This book will teach you everything you need to know about sleep, including:

- The importance of sleep
- The different stages of sleep
- The factors that affect sleep
- How to create a sleep-conducive environment
- How to develop good sleep habits

By following the advice in this book, you can improve your sleep and reap the many benefits that come with it. You will be more alert, productive, and creative. You will have more energy and be less likely to get sick. You will also live a longer, healthier, and happier life.

Don't wait another night to start getting the sleep you need. Free Download your copy of *How to Make the Most of the Third of Your Life You Spend Asleep* today.

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