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## Healthy Sleeping Habits: How to Adopt Healthy Sleeping Habits : A Simple Guide to a Better and Healthy Sleeping Habit (Paperback)

By Yvette Green

Cedric DUFAY, 2015. Paperback. Condition: New. Large type / large print edition. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you feeling restless and tired? Are you experiencing sleep issues? Sleep like a baby with a few tips and techniques packed in one book! Sleep is a natural human state that is characterized by a modified recognition and sensibility. During the state of rest, the eyes are closed and appear to be unconscious. Adults that don t have enough sleep can suffer or experience sleepiness during daytime, which can affect their daily routine and work. Children who suffer the same can have same effects overtime, like psychological issues. These are the reasons why it is essential to have a healthy sleeping habit. What else can you get from this book? o Understand the risks of having little to no sleep o Learn simple strategies to help you adapt a healthy sleeping habit o Learn the contributing factors that affect a healthy sleep o Various sleep problems and solution Rest is vital for everyone. This book outlines some strategies that one can use to get a back on a healthy sleeping habit!.



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