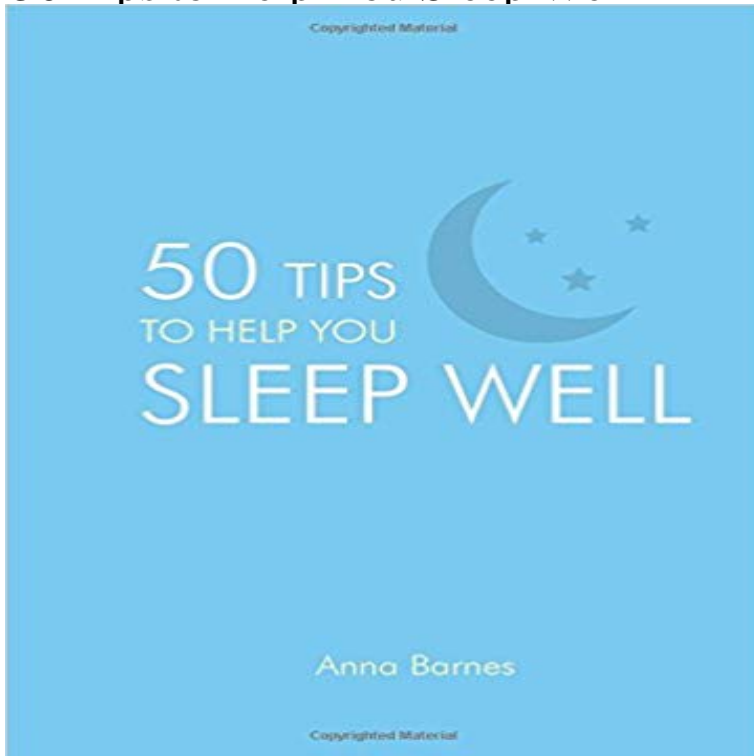


## 50 Tips to Help You Sleep Well



50 simple, easy-to-follow tips for a better nights rest There are times for all of us when, no matter how many sheep we have counted, falling asleep just isnt as easy as it should be. This book of simple, easy-to-follow tips provides you with the tools and techniques needed to understand your sleep patterns, and to make changes that will steer you on the path towards restful sleep. Whether its changing your pillow or getting more exercise, the short, simple tips will appeal to those with busy lives, who do not necessarily have the time to read a large health book.

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