



Sleep Hacking: 25 Excellent Sleeping Hacks Which Make an Incredible Difference to Your Life. Learn How to Sleep Better and Wake Up Refreshed. (Sleep Hacking, hack your sleep, sleep hacks)

Errol Mccoy

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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

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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