



# Sleep So Deep - A Guide To Creating The Best Rest of Your Life

*Bruce K. Stewart, Lou Stewart*

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Over 70 million Americans alone suffer from insomnia and its side effects of constant tiredness, brain deterioration and lack of focus on the job and in school.

The National Institutes of Health now concede that natural, behavioral approaches improve sleep more than anything else, including taking medicine.

Recent research shows that sleeping pills (Ambien, Lunesta, Sonata) are linked to early death and certain types of cancer. They recommend natural remedies like relaxation techniques, meditation and melatonin as better options.

These natural techniques are the foundation of our Sleep So Deep approach.

Help is here – now you can stop worrying about your sleep problems. With this eBook, Sleep So Deep, you'll learn how to get the good night's sleep you deserve. . . without the use of drugs or expensive equipment. Using these natural techniques, you'll be able to change the course of your sleep, your health and your success.

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