



# 11 SLEEP HACKS

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# Sleep Hacks Guide Setup

**LM Reder**



## Sleep Hacks Guide Setup:

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*Yoga for Better Sleep* Mark Stephens,2019-08-13 Fight insomnia with simple yoga poses meditations and breathwork that will help you sleep better

longer from a master yoga trainer and the author of Yoga Sequencing and Teaching Yoga Although modern science has unraveled some of the mysteries of our sleeping dreaming and waking states and age old yoga practices are helping us enjoy better sleep clearer minds and healthier bodies over 65 percent of U S adults are still sleep deprived Sleep deprivation causes and aggravates ailments like stress heart conditions high blood pressure obesity and depression Master yoga teacher trainer and best selling author Mark Stephens provides easy to do effective yoga activities including postural sequences breathing exercises and meditation practices for better sleep no matter your age He integrates the ancient wisdom of yoga with the insights of modern neuroscience and psychology to offer practical age and condition specific tools and sequences for improving sleep naturally and without drugs

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