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Sleep Hacks Same Day Delivery

AW Chickering



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Sleep Easy Bernice Tuffery,2021-02-15 Say goodbye to lousy sleep with this six week step by step programme to help you kick insomnia to the curb forever Bad sleep sucks Sleep deficiency defies our biology and sabotages our days Yet more than a third of us struggle to get to sleep or stay asleep at night We can shake off the odd sleepless night but when sleep difficulties persist things start to unravel Sleep debt takes its toll on our mood energy and productivity It affects our behaviour around food and exercise as well as eroding our immunity even our mental and physical health As our best efforts to help ourselves fail or perpetuate the problem we can feel disillusioned disempowered and frustratingly stuck You re not alone and there is a way through This six week step by step guide will help you sleep easy Bernice Tuffery fed up after years of compromised sleep made it her mission to learn how to sleep well again She d tried early nights warm baths a bit of yoga and meditation but nothing worked Even natural supplements over the counter sleep aids melatonin and at times sleeping pills failed to deliver a sustainable solution As a qualitative market researcher she was determined to know how to sleep naturally again She discovered a proven natural and very learnable way to improve chronic sleep difficulties Cognitive Behavioural Therapy for insomnia CBTi is recognised internationally by sleep experts as the gold standard treatment for insomnia But with a lack of awareness a severe shortage of experts offering it and virtually no public funding for treatment in New Zealand and Australia it s hard and expensive to access From her discussions with sleep professionals extensive research and her lived experience of restoring her own sleep Bernice shares her knowledge with humour and heart Confident that CBTi can be self taught she offers this practical and inspiring insiders guide to getting a good night s sleep

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Table of Contents Sleep Hacks Same Day Delivery

1. Understanding the eBook Sleep Hacks Same Day Delivery
 - The Rise of Digital Reading Sleep Hacks Same Day Delivery
 - Advantages of eBooks Over Traditional Books
2. Identifying Sleep Hacks Same Day Delivery
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sleep Hacks Same Day Delivery
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sleep Hacks Same Day Delivery
 - Personalized Recommendations
 - Sleep Hacks Same Day Delivery User Reviews and Ratings
 - Sleep Hacks Same Day Delivery and Bestseller Lists

5. Accessing Sleep Hacks Same Day Delivery Free and Paid eBooks
 - Sleep Hacks Same Day Delivery Public Domain eBooks
 - Sleep Hacks Same Day Delivery eBook Subscription Services
 - Sleep Hacks Same Day Delivery Budget-Friendly Options
6. Navigating Sleep Hacks Same Day Delivery eBook Formats
 - ePub, PDF, MOBI, and More
 - Sleep Hacks Same Day Delivery Compatibility with Devices
 - Sleep Hacks Same Day Delivery Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sleep Hacks Same Day Delivery
 - Highlighting and Note-Taking Sleep Hacks Same Day Delivery
 - Interactive Elements Sleep Hacks Same Day Delivery
8. Staying Engaged with Sleep Hacks Same Day Delivery
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sleep Hacks Same Day Delivery
9. Balancing eBooks and Physical Books Sleep Hacks Same Day Delivery
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sleep Hacks Same Day Delivery
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Sleep Hacks Same Day Delivery
 - Setting Reading Goals Sleep Hacks Same Day Delivery
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Sleep Hacks Same Day Delivery
 - Fact-Checking eBook Content of Sleep Hacks Same Day Delivery
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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