

Sleep Help

Eric Tairin

Sleep Meditation for Adults Calm Therapy Centre, 2021-04-19 ☐☐ 55% OFF for Bookstores! NOW at \$ 34,99 instead of \$ 54,23☐☐ Are you fed up with all the sleepless nights and frantic mornings? Would you like to fall asleep without anxiety and wake up the next day without sleepiness and full of energy? Haven't had a good night's sleep lately? Your Customers will never stop using this book. *Sleep Meditation for Adults* is going to help you achieve peace of mind and a more relaxed body for better sleep. Sleep shouldn't be something that causes you stress, worry, or anxiety. It should be the thing that helps you to overcome these emotional states. With the right tools and techniques, a larger awareness of how to put your mind to rest, and a play-by-play guide for how to do all of this, you'll be sleeping for hours more per night in no time at all. The proven teachings are so easy to follow, already more than hundreds of people now can sleep better after listening to this audio. Even if you've never tried meditation for preventing and countering sleep deficiency, anxiety, and insomnia before, you will still be able to get to find success following the soothing material. Are you ready to start waking up every morning refreshed and energized? Buy it NOW and let your customers get addicted to this amazing book.

Helping Your Child Sleep Through the Night Joanne Cuthbertson, Susie Schevill, 1985 Offers advice to parents on how to promote good sleeping habits in children and solve the sleeping problems from infancy to five years old

Breathe, Sweep, and Sleep Robert T. Rewick, 2010-05-24 Are you one of the millions worldwide who has trouble sleeping? Do the remedies you read about in books all seem alike, and are the treatments less effective as you age or your lifestyle changes? Are you not sleeping well because you can't clear your mind of disturbing thoughts while you are in bed? After receiving little help from current published sleep-help methods, Author and Research Scientist Robert T. Rewick, a long-time insomnia sufferer, decided to study his sleep problem from a visualization point of view. The result of his study is presented in this Guide, which offers a different approach to sleep mitigation than found in most current insomnia literature. Rewick wants to share his Guide with others who have trouble achieving a good night's rest. He has found that his techniques provide more consistent results than other methods he has tried. He predicts that his approach will also work for you. Rewick's method to help you achieve an improved sleeping pattern focuses on how to control non-productive mental activity in bed. His approach, described in 16 concise chapters, is based on clearing your mind with an innovative breathing technique he calls the Breath Sweep. Rewick's Guide is written in simple, understandable terms and includes schematic photos and illustrations to help you understand the principles behind his research. Ten Benefits You Will Receive From This Guide: 1. Learn why common sleep-help methods don't always work and become less effective as you age. 2. Find that most published sleep-aid techniques are virtually identical in the published literature. 3. Discover that not clearing your mind in bed is the number one obstacle to not falling asleep. 4. Learn the difference between your conscious and unconscious minds and how they affect your sleep. 5. Recognize the value of identifying the problems that disrupt your sleep. 6. Learn the importance of establishing a stabilized breathing pattern in bed. 7. Discover the Author's concept of the Breath Sweep, an effective technique for removing sleep-depriving problems from your mind while in

bed. 8. Learn how to mentally transfer problems to an isolated holding spot while you sleep. 9. Study detailed photos and illustrations to help you understand the imagery the author proposes. 10. Appreciate the novel, scientific, and easy-to-understand techniques that work for the Author and he predicts will work for you.

Insomnia Linda K. DeVries, 2000-03-07 More than 130 million Americans have sleep-related problems. Linda DeVries offers up-to-date data about the causes and treatments of sleep disorders, complete with self-tests to help you identify physical and emotional causes and tips for sleeping better.

Sleep Help to Help You Sleep Better Sammy Uy, 2011-07-06 Sleep is one of man's primary needs. The average adult needs about 7 to 9 hours of total sleep time per day. Teenagers need 9 hours of sleep and young children require 10 hours of sleep. Sleeping heals the body, mind and spirit. The foremost benefit sleep gives is rest and rejuvenation. Sleep also strengthens memory and helps you remember important facts and perform tasks better. Sleeping also cuts the risk of heart disease. Deep sleep also helps the body process sugar thus maintaining healthy sugar levels. Sleep also encourages bonding and fosters a feeling of closeness towards our partner. Lack of sleep causes harm to the body, mind and spirit. If we lose just 2 hours of sleep, our body produces more stress hormones, making us feel sluggish and disoriented just like being drunk. Sleep deprivation causes less brain cells to be produced, slows down nerve cell reproduction significantly and dramatically increases the body's sugar levels. Some 70 million Americans suffer from a sleep problem. About a quarter of them do not get the adequate sleep they need to be alert the next day. Despite this though, majority of them do not use anything to help them sleep. There are many sleep treatments that can help you get adequate sleep. You can find a wide range of sleep drugs, natural sleep remedies, sleep aid products and sleep techniques being sold OTC or in the internet. This book will guide you through those various options so you can choose discriminately. You will get valuable info on how some of the following can help you sleep better: * Comfort and posture * Chromatherapy * Meditation/visualization * Breathing and relaxation techniques * Sleep inducing music and sounds * Chamomile, lavender, valerian root and other herbs, vitamins and minerals Plus other invaluable sleep facts and sleep help to aid you in sleeping better so you can get enough restful sleep each night and wake up full of physical and mental energy to start another new day!

101 Tips for Better And More Healthy Sleep Alan E. Smith, 2023 All of your physical and mental health depends on getting a good night's sleep. We all love waking up without an alarm, feeling rested and refreshed, right? Unfortunately, many people don't sleep enough or sleep well, or both. It may feel like your sleep is a combination lock and you can't figure out all the right numbers in the right sequence. These tips are designed to help you put it all together. These 101 Tips are designed to help you find the rest you deserve in the best way possible. You'll walk through all of the various factors in getting a good night's sleep, from your bed and bedroom to relaxing before bed to solving several sleep problems. While some of these tips have been around for hundreds or thousands of years, some are as new as they can be. We even talk about the progress that's been made in the medical field regarding sleep in past few decades. Whatever your sleep situation, you will probably find something

here that can help you sleep even better and longer. You just have to have the patience and dedication to solve your own sleep problems. • Discover your best sleep possible • See new ways to sleep better, longer • Realize all of the ways to improve your sleep • Explore techniques from ancient to modern • Understand the real importance of sleep Learn more at www.UnbreakYourHealth.com From Loving Healing Press www.LHPress.com

The Science of Sleep Heather Darwall-Smith, 2021-06-22 Experts of every kind are queuing up to warn us that lack of sleep, or the wrong kind, will bring down a bewildering array of dire consequences. Heather Darwall-Smith's message in this book is simple: don't panic! Humans are biologically programmed to sleep, and by interrogating all the factors - sociological, physiological, neurological, and psychological - that might be impeding this innate instinct, each of us can work out the changes we can make in our own lifestyles to allow ourselves to sleep naturally again. This book demystifies the bewildering data around sleep by combining science with natural self-help techniques. Inside the pages of this illustrated guide to sleep, you'll discover: - A visual approach to understanding the science of why and how we sleep through info-graphics, graphs and diagrams that unpick the data and present the facts in an easy-to-follow format. - Proven techniques and strategies for better sleep from the author - based on extensive clinical practice and drawing on the most up-to-date evidence from scientists around the world. - The latest research and evidence to debunk the myths and misconceptions around sleep. Heather Darwall-Smith has combined her research findings, clinical expertise, and curated techniques to create a uniquely visual approach to explaining the interrelated factors that make up our sleep habits. She also provides natural techniques to deal with these underlying causes. Humans are biologically programmed to sleep, Heather encourages each of us to work out the changes we can make to our lifestyles to nourish our body clocks for us to sleep naturally again. *The Science of Sleep* provides in-depth answers to questions about sleep challenges and exposes myths and fads using science that is accessible to all. Armed with facts, this book equips readers to take control of their choices, understand and transform their sleep habits one night at a time.

How to Sleep Rafael Pelayo, 2020-12-08 "Easy to read and comprehensive. This book offers real practical guidance." —Matthew Walker, PhD, bestselling author of *Why We Sleep* Anyone having trouble sleeping has heard all the old "sleep hygiene" rules: Don't drink caffeine after 2:00 p.m., use the bedroom only for sleeping, put down your screens an hour before going to bed. But as the millions suffering from poor sleep can attest, just following these overly simplistic, one-size-fits-all directives doesn't work. *How to Sleep* is here to rewrite the rules and help you get to sleep—and stay asleep—each and every night. Dr. Rafael Pelayo, an expert sleep clinician and professor at the world-renowned Sleep Medicine Clinic at Stanford University, offers a holistic approach to the myriad issues that might be affecting your sleep. He begins by grounding us in the biology of sleep including the extremely reassuring fact that no one actually sleeps through the night—we naturally wake up every ninety minutes. Dr. Pelayo then tackles the major sleep issues one by one, such as snoring and its causes; the difference between transient and chronic insomnia, and how to treat each; strategies to combat jet lag; how lifestyle choices affect your sleep, including exercise (even ten minutes helps), meditation (try it right before bed), and food and drink

(alcohol is a double-edged sword—it may help you fall asleep faster, but it often interferes with staying asleep). There's advice for the bedroom—on white noise machines, ambient temperature, what to look for in a pillow—and answers to our most pressing questions, from when to see a sleep medicine specialist to how aging affects our sleep. All in all, it's a sure prescription to help you sleep better, wake up refreshed, and live a healthier life.

This Book Will Put You to Sleep Professor K. McCoy, Dr. Hardwick, 2018-10-02 It is sadly true that it is not always easy to fall asleep. This gently amusing, highly effective anthology of soporific dullness has been carefully curated to put readers to sleep as quickly as possible. With a pillowy case wrap, stultifying illustrations, and pages of sheep to count, this giftable godsend for the under-rested features dozens of snoozy short texts, including *The Motion of Sand Dunes*, *The Administrative Bureaucracy of the Byzantine Empire*, *White Noise: A Technical Explanation*, and many dozens more—though good luck reading very far on any one evening. Insomniacs will also appreciate *A Staring Contest with Fifty Cats*, *Some Interesting Mathematical Theorems*, *The Dullest Entries from Interesting Diaries*, and other zzzzzzzz.

The Lull-a-Baby Sleep Plan Dr. Cathryn Tobin, 2008-09-11 “Dr Tobin’s breakthrough discovery will revolutionize how new parents put their babies to bed! Read this book and sleep better tonight.” Michele Borba, Ed.D., author of *12 Simple Secrets Real Moms Know* and *Parents DO Make a Difference* What if I were to tell you that I’ve uncovered a secret that enables very young babies to sleep through the night—and that with the information I’m about to divulge in this book, you can begin to reap the benefits tonight? Never again will new parents have to endure sleepless nights. Dr. Cathryn Tobin, a distinguished pediatrician, has discovered a secret that enables very young babies to sleep through the night. Discover the brand new strategy that solves all of your baby’s sleep-time difficulties before they start. *The Lull-a-Baby Sleep Plan* will show you how to charm your tiny baby into sleepy contentment, how to avoid the most common bedtime mistakes loving parents make, and how to use your baby’s magical window of opportunity (the “W00”) to enjoy soothing, “feel good” bedtimes, starting right now. “Anyone who has struggled to put a baby to bed, night after night, will appreciate Dr Tobin’s honest, direct and practical approach.” Julia Rosien, Senior Editor, *ePregnancy Magazine* Cathryn Tobin, M.D., is a pediatrician, a trained midwife, and a member of the Canadian Paediatric Society and the Royal College of Physicians and Surgeons. She has been speaking on parenting issues for more than twenty years. Visit her on the Web at www.mylullababy.com.

Helping Your Child Sleep Through the Night Joanne Cuthbertson, Susie Schevill, 1985 Offers advice to parents on how to promote good sleeping habits in children and solve the sleeping problems from infancy to five years old

Let's Go to Sleep Maisie Reade, 2016-05-03 These days, even a preschooler's bedtime can be rushed and tense after a busy day of classes, playdates, and increasing screen time. Winding down has become more difficult for everyone in the family. Read Me to Sleep stories are designed to soothe the child and the adult, with calming text and prompts that effortlessly encourage both reader and listener to breathe deep and dream. The first story, *Let's Go to Sleep*, is a journey through magical Forest of Dreams, where Mama Bird leads a drowsy crew of animal friends on

the gentle journey to sleep. Each Read Me to Sleep story features opportunities to personalize the text for deeper meaning and optimal comfort, cues to help readers slow down and use their voices more effectively for bedtime, and deep breathing embedded in the narrative to maximize relaxation for both adult and child.

Sleep Well Fiona Brennan, 2024-04-11 Transform your sleep, Transform your life. Imagine getting into bed every evening and drifting off quickly into a deep and restorative sleep, awakening refreshed and glowing with life and vitality. You feel calm and powerful and you know that you can cope with anything that comes your way. It is time to meet your best-slept self! Over the course of the eight-week Sleep Well programme, you will learn the surprising and effective habits necessary to optimise the length and quality of your sleep and transform your relationship with rest, resulting in long-term benefits to your health, mood and productivity. The unique blend of hypnotherapy, spirituality and sleep science will help you to wake up fully to who you are and develop faith in your innate ability to get to and stay asleep – every night. 'A much-needed compassionate and insightful guide to promoting restful sleep.' LUCY WOLFE, SLEEP CONSULTANT 'A map to guide you toward a lifetime of beautiful, restorative, restful sleep.' DERMOT WHELAN ''Sleep Well is a wonderfully practical, easy-to-read book that will immediately improve your sleep length and quality ... a scientifically grounded masterpiece.' DR ROBERT KELLY, CARDIOLOGIST

Overcoming Insomnia : Fall Asleep Fast And Enjoy Deep Refreshing Sleep (Sleep Secrets, Insomnia Solution, How to Cure Insomnia, How to Beat Fatigue, How to Sleep Better, Get Deeper Sleep, Sleep Smarter, Insomniac, Sleep Problems, Deep Sleep, Good Night, Good Sleep, Sleeping Disorder, Sleeping Trouble, Sleep Disorders, Sleepless, Sleep Remedies, Extreme Insomnia, Reason for Insomnia) Eric Tairin, 2015-06-12 Are You Insomniac? Do You Have Sleep Problems? Do you have trouble falling asleep? What Is Insomnia? What Are Reasons For Insomnia? You know, when your mind is blurred during the day... When you feel weak... With abusive memory loss... Maybe you already lost your job due to insomnia! If You've Been Plagued With Chronic Sleeplessness, It's Time To Rest Easy. You CAN Get A Restful Night's Sleep Again! Have you had trouble sleeping lately? Is it very difficult for you to get to sleep at night and even when you do, are you wakened often for no apparent reason? Do you experience extreme insomnia? Guess what? You're not alone! Insomnia affects millions of people. (And I was one of us.) During a particularly stressful time in your life, you find yourself wanting badly to just get a good night's sleep. You lay in bed wide awake watching the ceiling fan spin and listening to the traffic outside. You tried everything you could think of to try and get to sleep, but nothing worked. It seemed like the more you tried to sleep, the less successful you were. Other than accumulating some useless gadgets from late night television infomercials, you were not accomplishing anything at night – much less sleep. Your work performance suffer and you find yourself with more stress to add to the stress you already have. It is extremely frustrating and very tiring – so to speak! Do you want to save yourself a lot of frustration and sleepless nights? I guess yes... Finally, A Product That Will Actually Help You Get Some Sleep. Toss And Turn No More. If Only You Had This Book Back Then You could have saved yourself a lot of frustration and sleepless nights! Why? Because this book is the best self-help guide you have

ever found that contains tons of information about insomnia and the best ways to overcome it so you can sleep again. You pored through countless articles and self-help guides that were for sale, but none of them fit your needs. Some only gave partial information or talked endlessly about the best prescription medications to take for insomnia. The information was good, but it just didn't give you what you are looking for. And Then You Find This Book Imagine your surprise when you will start reading and nearly immediately know that it is going to help yourself in countless ways. After reading it, your insomnia will begin to clear once you implement some of the countless suggestions, tips, and tricks that are inside its pages. "Overcoming Insomnia" is the answer to an insomniac's prayers. Check out some of the chapters inside: - The Sleep Cycle (and REM Sleep) - Who Has Insomnia (Sleep disorders) - How Serious is Insomnia (Sleeplessness, Lack of sleep) - Diagnosing Insomnia (Insomnia symptoms) - Medications That Can Help (Sleep remedies) - And Much More! (Falling asleep, Sleep smarter) Normally, our bodies have been naturally programmed from birth to begin going to sleep as soon as we lie down and close our eyes, but when our sleep pattern has been badly interrupted by insomnia, it can be difficult to quiet the mind, and stop the constant barrage of thought from running incessantly, so we can drift off to a comfortable, relaxing and deep sleep. The longer our sleep pattern is interrupted by insomnia, the more difficult it is to get back to a normal restful sleeping pattern - and the longer it goes on, the stronger the insomnia actually becomes, much like a rut that gets deeper and harder to break out of. When you suffer from insomnia, it requires some effort to stop the cycle. It's true, there are some great medications available on the market that can help you get to sleep again, but many people don't like to take pills for a problem they may be able to beat on their own. There are all sorts of things you can do to help you get back to sleep. This Book Can Give You Hundreds of Suggestions To Get Back To Sleep It may be as simple as altering your sleeping habits or your sleeping environment. Plus, there are some frightening side effects of some sleeping pills that have come to light recently in the news. If you don't want to take medication to help you sleep, then this book is definitely for you. In fact, there are several ways you can get back to sleep without the use of medicines. Consider the following: - Light therapy - Meditation - Progressive muscle relaxation - Cognitive Behavior Therapy - Herbal remedies - And more! You will find all of this great information in one place - this book. "Overcoming Insomnia" is in an easy-to-read format that anyone can understand. Once you receive "Overcoming Insomnia", you'll see just how valuable it is. Did you know that many children and teenagers suffer from insomnia too? If you're a parent, this could cause you much stress and aggravation. When your child can't sleep, you want to help them, don't you? I Can Show You How! Once you put the suggestions in this book to the test and implement them in your sleeping routine and habits, you will notice a marked change in your sleeping. What's also wonderful is that you will always have this book to refer to in case your insomnia returns. Near 1 person in 2 who has successfully beat insomnia will have a recurrence at one point or another in her life. All you need to get back to sleep is a little refresher on the original things that helped you in the first place. All you need to do is open up "Overcoming Insomnia" and re-read what worked for you in the first place. What kind of price can you put on a good night's sleep? It's a difficult question. Sleeping is our

body's way to recharging our internal batteries so we can effectively function the next day. I think that's a pretty valuable thing to consider. I struggled somewhat with what kind of price to put on this type of information. There are some self-help programs on the market that can run over a hundred dollars. I wanted to make this book affordable for everyone. Right now, you can own "Overcoming Insomnia" for less than \$15. It's so affordable. It's as easy as that. If you can't sleep, it's time to stop the nights of lying awake. Your body deserves it, your family and job deserve it, and YOU deserve it. Get back to sleep and enjoy a better life! Sweet Dreams! Download "Overcoming Insomnia" and fall asleep for a good sleep during a good night !

How to Sleep Well Neil Stanley, 2018-08-27 It has never been more important to sleep well. Stop sabotaging your own sleep and finally wake up energised and refreshed *How to Sleep Well* is a guidebook that can change your sleep and help you live your life more fully. Whether you struggle to fall asleep, sleep too lightly, wake too often or simply cannot wake up, this book can help you get on track to sleeping well and living better. It all starts with the science of sleep: how much you really need, what your body does during sleep and the causes behind many common sleep problems. Next, you'll identify the things in your life that are disrupting your sleep cycle and learn how to mitigate the impact; whether the pressure of workplace or you simply cannot quiet your own mind, these expert tips and tricks will help you get the sleep you need. Finally, you'll learn how to support healthy sleep during the waking hours – what works with or against your sleep – and you'll learn when the problem might be best dealt with by your GP. Don't spend another restless night waiting for a bleary, groggy morning and sleepy day. Take control of your sleep tonight! Learn how sleep – or a lack thereof – affects every aspect of your life Identify the root causes of your sleep issues and cut them off at the source Discover the sleep advice that works, and the tips that are just plain daft. Create a healthy, calming bedtime routine that will help you get the rest you need Sleep affects everything. Work and school performance, relationships, emotional outlook, your appearance and even your health. Sleeping poorly or not sleeping enough can dramatically impact your quality of life, but most sleep problems can be solved with a bit of self-adjustment. *How to Sleep Well* puts a sleep expert with over 36 years' experience at your disposal to help you finally get the restful, restorative sleep you need to live better and be productive.

Overcoming Insomni Ray Comfort, 2010-10 This book gives common sense and spiritual help for a problem that plagues a large segment of our society. It is not a clinical book. It is practical and spiritual. -- cover.

Summary & Analysis of Why We Sleep ZIP Reads, 2018-07-27 PLEASE NOTE: This is a summary and analysis of the book and not the original book. If you'd like to purchase the original book, please paste this link in your browser: <https://amzn.to/2uVEPW1> In this deeply revealing book, *Why We Sleep: Unlocking the Power of Sleep and Dreams*, Doctor Matthew Walker shares some truly profound revelations into the realm of sleep. He unlocks mysteries that will force you to look at your bedtime in a whole new light. Click Buy Now with 1-Click to own your copy today! What does this ZIP Reads Summary Include? Synopsis of the original book The science of sleep and how it heals our brain Common causes of sleep deprivation Long-term effects sleep deprivation can have on the body The role dreams

play in rejuvenating usThe importance of sleep across different age groups and speciesEditorial ReviewBackground on the author About the Original Book: In *Why We Sleep*, Matthew Walker goes deep into the science behind sleep and why it is of vital significance to all animals. He provides scientific evidence to highlight the benefits of sleep and the extreme consequences that befall those who fail to get the recommended amount. Walker also explains the dream process and why it is critical to your good health and optimal survival. If you have ever wondered whether sleep is important and what your dreams really mean, this is the book for you. You can rest assured that your bedtime will never be the same again! DISCLAIMER: This book is intended as a companion to, not a replacement for, *Why We Sleep*. ZIP Reads is wholly responsible for this content and is not associated with the original author in any way.

Sleep Through Insomnia Brandon Peters, 2020-01-17 End the anxiety and overhaul your sleep in six short weeks. In this groundbreaking book, sleep expert Dr. Brandon Peters shares his expertise and proven strategies to help you break free from the grip of insomnia. Whether you struggle with falling asleep, staying asleep, or both, this book offers practical solutions to address the root causes of your sleep troubles. Conquer Insomnia: Discover practical strategies to quiet your mind, relax your body, and create a sleep-friendly environment. Understand Sleep Patterns: Develop a deeper understanding of sleep patterns and how to optimize them for better sleep. Healthy Sleep Habits: Learn about sleep hygiene, bedtime rituals, and lifestyle adjustments that can positively impact your sleep quality. Mind-Body Techniques: Explore a variety of mind-body techniques, such as relaxation exercises, mindfulness practices, and breathing exercises, to calm your mind and prepare your body for sleep. Cognitive Behavioral Therapy for Insomnia (CBT-I): Learn about the highly effective CBT-I techniques that address the thoughts and behaviors that contribute to insomnia. Personalized Sleep Plan: Create a personalized sleep plan tailored to your specific needs and challenges. Expert Guidance: Benefit from the expertise of Dr. Peters, a renowned sleep specialist, who shares his knowledge and experience in helping individuals overcome insomnia and achieve restful sleep. Say goodbye to sleepless nights and embrace a new chapter of restful sleep with *Sleep Through Insomnia*. Reclaim your nights, restore your energy, and experience the transformative power of quality sleep.

The Calm and Cozy Book of Sleep Beth Wyatt, 2020-08-04 In *The Calm and Cozy Book of Sleep*, sleep coach Beth Wyatt wants to “help women get the sleep they so badly effin need” for a healthy life. Through her personal sleep struggles and her experiences as a sleep coach, Beth discusses a multitude of fascinating sleep topics, from sleep basics to waking up in the morning and beyond, including: Peaceful evening self-care rituals Optimizing your living space for healthy sleep Eating and drinking before bedtime Changing your relationship with your bed How to control the racing thoughts that keep you from falling asleep Sleeping positions Sleep aids Sleeping with pets The stages of sleep and how they relate to your body How to fall back asleep if you wake up in the middle of the night Don’t hit that snooze button How to be a morning person Sleeping away from home The night before a big event: rest and anxiety Prioritizing sleep during grief and illness Couples who sleep in separate beds What beauty rest really

means Approaching sleep in a fresh, relatable, and non-clinical way, The Calm and Cozy Book of Sleep shares tried-and-true tips to help you fall asleep (and stay asleep)–effortlessly and naturally–and convinces you to learn to love sleep.

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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Sleep Help Introduction

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