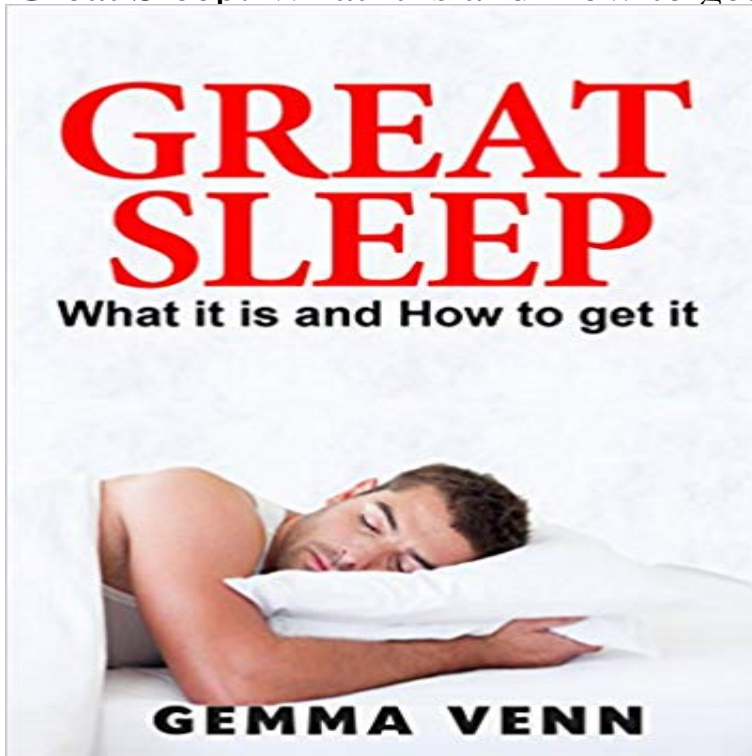


## Great Sleep: What it is and How to get it



40% of us get less than the recommended 7-9 hours sleep per night. 40.6 million Americans get less than 6 hours sleep per night on a regular basis. The average American shortchanges themselves by at least 1 hour of recommended sleep a night, meaning that they are only getting 6 out of 7 days worth of sleep. The negative effects of sleep deprivation can be seen after just one night of poor sleep, and long-term sleep deprivation means you run a higher risk of obesity, heart disease and some cancers. Have I got your attention yet? Our daily lives are quite literally taking over our night time and as the statistics show, we are doing very little to stop it. We now live in a society where we are always on call, always available, 24/7, 365 days per year and slowly it is killing us. Getting Great Sleep needs to be made a priority in your life. You don't starve yourself or deny yourself water, so why do you find it okay to exist on less than you need in terms of sleep hours per night? This book, by the author of the 5\*-rated *Maximise Your Mornings: How to Create Your Successful Morning Routine*, will show you how easy it is to get the Great Sleep you need to function at your best and brightest level. Every one of you deserves to have a successful and bountiful life, achieving all you can, but you cannot do that if you don't give your brain and body the Great Sleep it needs to help you get to the top. In this book, not only will you find out about the science behind Great Sleep, you will be given tips on how to get Great Sleep. You will also find out what can happen if you continue depriving yourself of Great Sleep, and how to keep a sleep diary so you can track your Great Sleep to make sure you are getting enough. Everything you need to help you to get Great Sleep is in this book, so get ready to make Great Sleep a priority starting TONIGHT!

Digite algo e pressione Enter

HOME

MENSAGENS »

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VIDEOS CANAL

QUEM SOMOS

Seja Bem Vindo

E conhecereis a verdade, e a verdade vos libertará. João 8:32

CANAL SEGUINDO A VERDADE

Mensagem da semana - Semeai em Justiça

Mensagem da semana - Semeai em Justiça

A Bíblia em 1 minuto - 1 Pedro 5:7-8

A Bíblia em 1 minuto - 1 Pedro 5:7-8

Mensagem da semana - Pedindo e recebendo

Mensagem da semana - Pedindo e recebendo

Mensagem da semana - Andar no Espírito

Mensagem da semana - Andar no Espírito

1

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...

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Próximo »

MENSAGENS

Não Desista Nunca!

Não Desista Nunca!

Existem pedras. Não desista de andar! Existem barreiras. Não desista de passar! Existem os nós. É preciso desatar! ...

[leia mais]

Vale sempre a pena

Vale sempre a pena

Nem tudo o que você fizer bem será elogiado. Haverá momentos em que tentará com muito esforço demonstrar um bom coração ... [leia mais]

O Deus do impossível

O Deus do impossível

Um jovem que trabalhava no exército era humilhado por ser cristão. Um dia seu superior querendo humilhá-lo na frente d... [leia mais]

Deus sabe o que faz

Deus sabe o que faz

Conta-se que um homem chamado Okiba teve que abandonar sua terra por motivos particulares, e, assim, peregrinou em reg... [leia mais]

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**Insider** Getting to Sleep Quickly (Easy Methods) body will cool down, which helps you sleep better. **[WATCH] How to get great sleep! Sleeping tips & advice for a 20 Tips for Better Sleep - WebMD** But what about sleep? We spend about one-third of our lives asleep, and sleep is essential to better health. But many of us are struggling with sleep. Four out of **How to Have Deep Sleep So You Can Wakeup Feeling Refreshed** Dec 18, 2007 Following healthy sleep habits can make the difference between Light reading before bed is a good way to prepare yourself for sleep. **11 Unconventional Sleep Tips: How to Get to Sleep and Stay Asleep** May 7, 2015 Getting adequate sleep can help a number of health conditions, including bipolar disorder. Here are tips to get the shut-eye you need to **This Is What It Actually Means To Get A Good Nights Sleep HuffPost** Dec 12, 2012 - 5 min - Uploaded by watchwellcastLack of sleep can do a lot more make you have a bad morningit can hurt your mental and **How to Get Great Sleep Psychology Today** How to get a good nights sleep, from the sleep experts at . Try improving the quality of your sleep by following these important sleep tips. **How to Get Better Sleep (and Need Less Every Night) - Lifehacker** Welcome to the Jurys Inn video on How to Get Great Sleep. This short animation has practical tips & advice to help you get a good nights sleep. Give it a try, **Sleeping Well: How to Create Habits that Help You Sleep Better** Sep 4, 2015 - 4 min - Uploaded by JurysInnHotelsGet a great nights sleep with this animated instructional video from Jurys Inn Hotels