



Sleep Well Again: *Fall Asleep Quickly *Stay Asleep Longer *Wake Up Refreshed

Lisa Morrone

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For readers who are tired of being tired...Lisa Morrone, author of *Overcoming Overeating* and *Overcoming Headaches and Migraines* offers hope for the "eight hours you don't want to miss!"

The rush of twenty-first century life has left many busy people underslept, irritable, and worn out from everyday life. In this helpful book, readers will learn:

- the high cost of sleep deprivation
- how to prepare for a good night's sleep
- ways to deal with middle-of-the-night "plumbing problems"
- whether medication will help
- how to calm an overactive brain
- how to deal with pain, sleep apnea, and restless leg syndrome

Refreshment, new energy, and a revitalized life await the readers of Lisa's new book.

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From reader reviews:

Louis Watson:

Have you spare time for the day? What do you do when you have far more or little spare time? Yes, you can choose the suitable activity for spend your time. Any person spent their spare time to take a stroll, shopping, or went to the particular Mall. How about open or even read a book called Sleep Well Again: *Fall Asleep Quickly *Stay Asleep Longer *Wake Up Refreshed? Maybe it is to become best activity for you. You understand beside you can spend your time with your favorite's book, you can better than before. Do you agree with the opinion or you have some other opinion?

Rose Slagle:

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