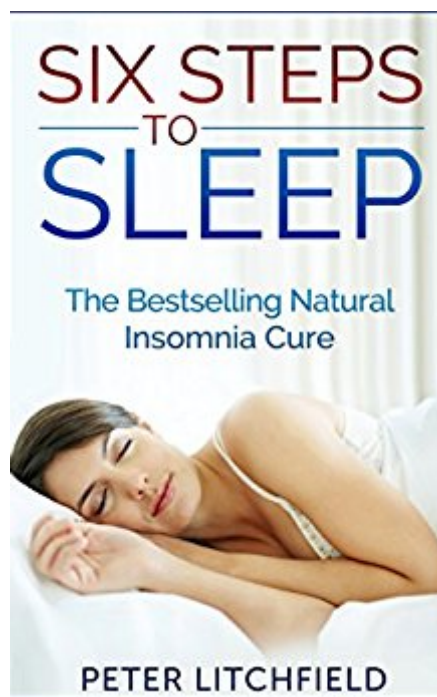


The book was found

Six Steps To Sleep - The Natural Insomnia Cure



Synopsis

Cure insomnia for good with Six Steps To Sleep, the popular sleep program that retrains your body for deep, restful sleep. The Six Steps program uses proven sleep hygiene methods to naturally reset the sleep-wake cycle, putting a stop to those sleepless nights that leave you feeling lethargic and miserable the following morning. Six Steps To Sleep will:- Help you sleep within 10 minutes of getting into bed.- Stop your mind racing with thoughts at bedtime.- Stop you feeling anxious and restless when you want to sleep.- Help you sleep well when sharing a bed with a partner.- Help you sleep soundly in new environments.- Help you sleep 7+ hours each night. If you have trouble falling asleep or sleeping through the night, follow these practical steps to healthy, restful sleep.

Book Information

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Customer Reviews

Good, solid advice. Harder to follow, but, if you do, your sleep cycle should settle down and your sleep should improve. I have had a very inconsistent sleep pattern, with great difficulty getting a decent night's sleep. I am still working on ironing it out, with the help of this book. Rule 1 of this process is establishing and enforcing a bedtime and wake time. I have done that, with only 1 or 2 exceptions in almost a month, and it has really helped. The additional suggestions help you achieve

that, dealing with distractions, avoiding stimulants, handling night-time waking, etc. It is common-sense advice, for the most part, but it all holds together and reinforces the healthy pattern and I'm glad I bought the book.

This book is deserving of its good reviews. I'm not easily pleased but this was real eye-opener with many practical applications for improving sleep quality. I enjoyed the author's chatty approach because it made it something I can relate to on a personal level. I found the chapters on sharing a bed and sleeping before a big occasion that makes you nervous insightful, and I got a lot from the development of a sleep hygiene routine. This book has definitely helped to correct some of my bad habits and develop good ones. I'm sleeping better, which means it works.

I'm extremely skeptical about everything, especially holistic approaches to health, so and so when my wife bought me this book and said it could help me sleep better I didn't have much faith. She convinced me I had nothing to lose and I made a promise to try. What I like about the book is that it's to the point and honest. There's no psycho-analysis babble. It's simple and breaks things down into common sense, helping the reader see the woods for the trees, so to speak. I have to say I'm shocked at just how well I am sleeping. That said, if I didn't have my wife to help me keep the routine I'd probably have abandoned this by now.

I bought this book as a last resort after months of not sleeping well. I really began to think I had lost the ability to fall asleep. After what felt like weeks spent without proper sleep, I went to a doctor and got sleep medication, which worked well. But one big problem, I was unable to sleep without it. And so I inherited a second problem, an addiction! In short this book saved my life. The author has been through exactly what I have and has put me right back on track to being close to normal again.

Thank you for giving me my life back!

My insomnia affected me so deeply on a mental level that I became depressed and truly believed I was going to die without sleep. I cannot praise this book enough for what it has done for me in terms of making me like I'm not alone and that there is hope, even for the worst of sleepers like me. I'm following the advice and sleeping better. I'm not 100% there yet but I am happier, have more energy, which is a place I never thought I'd get back to.

Not the most polished book I've ever read, but I got a lot from it and appreciated the sentiment

and empathy behind the author's words. If you're an insomniac, you need these words in your life. It certainly reminded me that I need to reboot what has become a terrible sleep pattern affecting my work and personal life.

Finally a no BS book on sleep by someone who gets it! I first read the Sleep Revolution by Ariana Huffington and was shocked by the copy and paste from Google job she did. This is written from the heart and by an author that knows how we feel.

As someone who suffers with bad sleep this book was the stark reminder I needed that I'm my own worst enemy. Pretty much everything about my lifestyle is conducive to bad sleep, yet I carry on! In this sense the book isn't a huge revelation, but a great help in making me address these issues and giving me practical ways of dealing with the awkward sleeper I am. The author clearly talks from experience and has me nodding in agreement much of the time. The fact that his experience resonates with mine makes it easier for a stubborn person like me to be told what to do for once and actually do it. I'm sticking this through, and if your health is suffering because of bad sleep, you should too.

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