

# Healthy Sleep: A Guide To Natural Sleep Remedies

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Warning: If it takes you longer than 30 minutes to fall asleep, then you are suffering from insomnia. You know you should be asleep. You've dedicated the last three hours in the dark to trying to get some sleep. But you're wide awake. The irony is that you swear your eyes were just in pain from remaining open too long, like someone super-glued your eyelids open. You know your body's tired - yet you can't get a good night's rest. You suffer from insomnia. Insomnia is one of the most frustrating experiences anyone can go through. Yet 1 out of every 4 people experience some level of insomnia that affects the way they function. For a lot of people, if they just knew the little things that they are doing to cause their own insomnia if they just knew the little, natural things they could be doing to encourage their body to fall asleep they could end their insomnia within a week. There's a good chance that you can cure your pattern of sleeplessness with just a few well-researched tips. Going through each day on less than a good night's sleep can make you madder than the mad hatter on national no-hats day. And it's even worse if you can't come up with any solid REASON for keeping you from counting sheep jumping a wooden fence. You may try resorting to watching some TV until you feel tired. Or pleading to a higher power that you'll just fall asleep this very instant. As a baby it's not difficult to fall asleep. You'll fall asleep half a dozen times a day. As you grow a bit older, not too much changes. But the farther along in life you go, the more opportunity you've had to completely screw up any chance you have at keeping a regular sleeping schedule. It could be in the things you eat or drink - when you went to sleep the night before in truth the possibilities are numerous. Check out just SOME of the information you will find inside: \* 3 types of Insomnia that may be keeping you awake at night \* How to teach your body to fall asleep naturally with a consistent plan of action \* How to choose your foods so that you may fall asleep before your head even hits the pillow \* How an amazing flowering plant from Europe can convince your body to sleep tight \* An easy way to tell if your mattress is keeping you from waking up fresh and ready to go \* 2 types of physical exercise that will train your body to sleep through the night \* How to use music and sound to lull you into sleeping like a baby \* 6 different herbs each with detailed instructions on how to prepare yourself a sleeping success And much more!

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