

Sleeping Sanctuary - Salvation For The Sleep Deprived Mrr Ebook

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Sleeping Sanctuary - Salvation For The Sleep Deprived Comes With Master Resell Rights + Giveaway Report The Ultimate Guide To Sleeping, Napping, Resting And Restoring Your Energy In this eBook, Sleep Sanctuary Salvation for the Sleep-Deprived, I am going to deal with three important aspects. I am not going to divide these three aspects into different sections, because that would not be the right way to do so, but I am going to intersperse them everywhere throughout this e-Book. These three aspects are:- Why is sleep important to our well-being? This will be followed by several discussions on why we just cannot do without the right amount of sleep in our lives. Why do some people have sleep problems and why these problems are becoming more acute in recent times? Here we shall talk about problems such as sleep apnea, insomnia, restlessness and other problems that keep us away from getting adequate amounts of sleeps. The focus will be on present times, because today we are sleeping less than ever before. This is bringing in its wake a host of problems, and one of the reasons why we are visiting a lot more doctors today than before is because we do not sleep well. What can we do to improve our sleep patterns? This is the most important part of the eBook and you will find the information strewn throughout. With several illustrations, tips and strategies, I shall endeavor to tell you what we can do to I would ironically request you to wake up and read this eBook on sleep deprivation! Thats because you have to pay full attention to this; it is something that will tell you whats missing in your life, and why. Wake up, smell the coffee, and plan to live a lifestyle in which sleep gets its due importance. In This Book, You Will Learn:- - Whats So Good about Sleep Anyway? - But I Am Not Tired I Wont Sleep! - Does Counting Sheep Really Work? - I Need More Sleep I Never Seem to - Have Had Enough - An Hour before Midnight Is Worth Two After - 6 Tips for a Power Nap - I Had This Awesome Dream Last Night - There Are Only 24 Hours in a Day - And so much more! MRR License:- You can sell the product (E-Book) in PDF format. You can add the product into a membership site (paid only). You can add the product into your product bundle or package You CAN give the ebook product away for FREE You can offer the Basic Resell Rights and/or Master Resell Rights to the E-Book. You CANNOT sell the product on auction sites such as

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