



# Stop Losing Sleep: Establish Healthy Sleep Patterns to Improve your Health and Energy

*Kyle Richards*

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**Stop Losing Sleep: Establish Healthy Sleep Patterns to Improve your Health and Energy** Kyle Richards  
Description for Book Stop Losing Sleep - Establish Healthy Sleep Patterns to Improve your Health and Energy

Simple, workable solutions for anyone who's serious about solving their sleep problems! How to re-set your sleep patterns without losing time or energy during the day!

How to "coach" your brain and re-train it to overcome insomnia and other sleep disturbances.

What to do – and what NOT to do – right before bed.

How your clock can help you and HURT your chances of getting a good night's sleep.

7 things to do to your bedroom that will help you sleep better instantly!

Little changes you can make immediately for free! Do yourself a favor: Read this book... and grab some shut-eye!

## Stop Losing Sleep: Establish Healthy Sleep Patterns to Improve your Health and Energy Details

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Author : Kyle Richards

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## **From Reader Review Stop Losing Sleep: Establish Healthy Sleep Patterns to Improve your Health and Energy for online ebook**

### **Valerie Garner says**

One as who has battled insomnia off and on, this book was very timely! I found that I was doing quite a few things I didn't realize that were compounding the problem. Also, even tho pretty much everyone at some level knows the importance of sleep, I didn't realize the full scope of it. I think periodically its wise for everyone to re-visit this issue and examine our lives and our habits to see if they are really lining up with our overall life goals. This is a must read!

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### **Teressa says**

"Get The Sleep Your Body Needs, It's Your Temple"

This is a wonderful book on how to start getting the sleep that everybody needs in order to function at their highest, most effective level. By following the guidelines it will produce results. I found that this book has some valuable methods to really improve not only the quantity but the quality of sleep as well. And truly in this day and age we live a more fast paced lifestyle where we tend to neglect an important part of our well being which is adequate sleep. It explains your internal body process; in other words your body clock. It teaches us the importance of sleep and how it is necessary in maintaining good health. There is a science to sleep. This book tells you the occurrence, the stages, and the duration that is needed. It is very interesting to learn of the stages as rem (rapid eye movement) isn't the only sleep stage. I found this to be very good information and I intend to follow through and learn to sleep better and longer. Also another serious issue that many people suffer from is insomnia. I especially took away some great information on the causes and possible remedies of insomnia with some good things to do during the day and evening to wind down for a good night's sleep. I have personally tried some of these tips to prepare for a restful sleep and they do indeed work but you do have to discipline yourself. And lastly, there are some great home remedies that you can try as well. It works. You can break that cycle of poor sleeping habits and get into the comfort zone for a good night's sleep. It takes a little effort and sticking to it. The author Kyle Richards does a great job explaining how it all works and John N. Gully did a terrific job narrating this book. His pace was perfect and was very easy to follow. It was a good, informative listen. I really enjoyed it and learned some things too. I look forward to more from both the author and the narrator in the future.

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