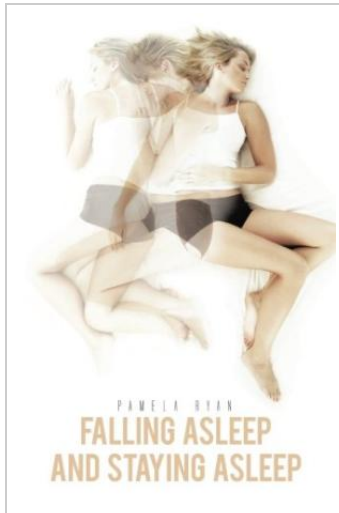




Falling Asleep and Staying Asleep (Paperback)

By Managing Director Pamela Ryan

Trafford Publishing, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.For some of us, falling asleep and staying asleep takes a creative process. This book offers new insights into why some of us may struggle with a natural bodily function, like sleeping. In this book you will find how your physical comfort is one reason you are losing sleep. But that's not the only reason we don't fall asleep and stay asleep. This book will reveal that the temperature, lighting, and electronic energy in the room will affect your sleep. I've learned that blocked energy in the body, mind, or spirit will cause sleepless nights. I show how dieting, loneliness, sexual energy and emotional pain will keep you awake. I still prepare myself at night for the ritual of falling asleep and staying asleep. Our body is run on a schedule, call our circadian rhythm. When your biological clock is out of sync, I show you ways to get back on schedule. I had to learn how to fall sleep without the use of sleep aids. I was determined, so I tried many so-called techniques, including everything, from hypnotherapy...



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Reviews

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