



How to Overcome Insomnia Sleep well tonight and every night

Hannah Walsh

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This is an easy to read, thoroughly researched, encouraging guide to my successful search for a good night's sleep. The booklet contains the following seven chapters:

- *Effects of Insomnia,
- *Causes of Insomnia,
- *Promoting Sleep - Sleep Hygiene,
- *Natural Sleep Remedies,
- *Alternative Cures
- *Chemical Cures
- *Herbal or Natural Sleeping Tablets.

I reveal the types and levels of insomnia, and its harmful effects on everyday life, together with the inexpensive actions I took to achieve peaceful sleep. I also discuss natural sleep remedies, alternative cures and the highs and lows of prescription pills.

Insomnia is no laughing matter. By reading this booklet, taking positive action today and making simple changes to life and bedtime routines a good night's sleep can be ensured

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