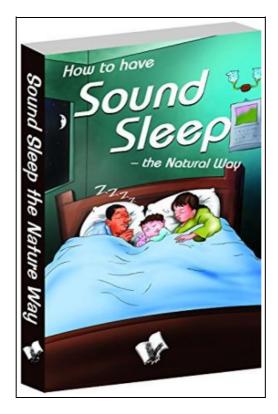
How to Have A Sound Sleep (Paperback)



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Reviews

Extensive guideline! Its this sort of very good go through. I have got read and i am confident that i will gonna read through once more once more in the future. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Joana Champlin)

HOW TO HAVE A SOUND SLEEP (PAPERBACK)



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Pustak Mahal, India, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand ******. Sleep Deprivation Can Make You Obese, Forgetful, Aged and Diseased for the Rest of Your Life! Don t blame lifestyle for your disturbed sleep. Did you know that sleeping more or fewer than seven hours a day greatly impairs the production of thyroid and stress hormones. This impairment, in turn, not only affects the memory, immune system and metabolism etc., but also increases the risk of high blood sugar levels, hypertension (high blood pressure), weight gain, accelerated ageing, depression and increased risk of heart attack. Researchers have also determined that sleeping adequately after a few days of disturbed sleep can very nearly erase any lingering sense of mental haziness and fatigue. In order to help you get a sound sleep and also to protect you from the need to take recourse to making up any lost sleep or disorder, the book details the importance, benefits, physiology and body reinvigoration of having sound sleep, untoward effects of sleep disorders and natural non-conventional methods of managing it. Also explained in various chapters are advantages of proper exercise, yoga, naturopathy, acupressure, colour music therapy, lifestyle changes etc., that enable waking up in the morning feeling fresh, fit and trim. A separate chapter is devoted to the Dos and Don ts to highlight factors that contribute towards bringing sound sleep. An indispensible book guaranteeing Sound Sleep to all readers every night!.



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