



# **Sleep: EXACT BLUEPRINT on How to Sleep Better and Feel Amazing - Brain Health, Memory Improvement & Increase Energy**

*Brian Adams*

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**Sleep: EXACT BLUEPRINT on How to Sleep Better and Feel Amazing - Brain Health, Memory Improvement & Increase Energy** Brian Adams  
**Beat Stress, Get the Exercise You Need, and Enjoy a Healthy Night's Sleep!**

**Is it hard to turn off your mind after a busy day? Do you have trouble getting the sleep you need?**

If so, read **Sleep: Exact Blueprint on How to Sleep Better and Feel Amazing - Brain Health, Memory Improvement & Increase Energy** for essential tips on structuring and slowing down

your life. You'll learn the essentials of "sleep hygiene" and how to create restful nighttime rituals. From brushing your teeth to dressing for sleep success, this book gives you the powerful sleep basics you need to rest better – every night!

**Are you distracted at night? Do you need to create a better sleep environment?**

*Sleep: Exact Blueprint on How to Sleep Better and Feel Amazing* will teach you to set aside a reading room, avoid distractions from pets, and add soothing scents to your evenings. You'll learn about the **Zen of Sleep**, and how you can **Keep Your Cool** for healthy, relaxing nights – and energetic days!

**Find out how to revolutionize your everyday (and every night) life!**

*You'll be so glad you did!*

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