



# **Sleep Better with Natural Therapies: A Comprehensive Guide to Overcoming Insomnia, Moving Sleep Cycles and Preventing Jet Lag**

*Peter Smith*

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## **Sleep Better with Natural Therapies: A Comprehensive Guide to Overcoming Insomnia, Moving Sleep Cycles and Preventing Jet Lag** Peter Smith

Combining a wide range of drug-free therapeutic approaches, this book is a step-by-step guide to Peter Smith's unique, 100% natural sleep solution. It:

- Explains how sleep 'works' and the physical and psychological causes of insomnia.
- Offers practical advice about how to practice good sleep behaviours and switch on relaxation responses within the nervous system, including the revolutionary concept of 'virtual darkness'.
- Gives tips on getting the right dietary supplements for a good night's sleep and creating the right sleeping environment.
- Advises 'night owls' 'early birds' and 'free runners' about how to reset problematic sleep cycles.
- Provides guidelines for preventing jetlag.

'Sleep Better with Natural Therapies' combines psychological treatments, such as CBT, with physiological ones, such as adjusting the biological clock, and demonstrates that it is possible to retrain the mind and change your learned associations with sleep in just a matter of weeks. This is vital reading for anyone struggling with insomnia, problems with sleep cycles, or the effects of jet lag and will be of interest to complementary health practitioners and mental health professionals.

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A lot of people always spent all their free time to vacation or maybe go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity here is look different you can read the book. It is really fun for yourself. If you enjoy the book that you read you can spent all day every day to reading a guide. The book Sleep Better with Natural Therapies: A Comprehensive Guide to Overcoming Insomnia, Moving Sleep Cycles and Preventing Jet Lag it is rather good to read. There are a lot of individuals who recommended this book. These were enjoying reading this book. In the event you did not have enough space to develop this book you can buy typically the e-book. You can m0ore quickly to read this book through your smart phone. The price is not too costly but this book possesses high quality.

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