

Trick Your Mind To Better Sleep And Beat The Sunday Blues

Do you struggle with sleep problems and the Sunday blues? You're not alone. Millions of people around the world suffer from these common problems.



Improve Your Sleep Today : Trick Your Mind To Better Sleep and beat the Sunday Blues by Hiromi Shinya

★★★★☆ 4.4 out of 5

Language : English
File size : 334 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 20 pages
Lending : Enabled
Screen Reader : Supported



Sleep problems can make it difficult to fall asleep, stay asleep, or get a good night's rest. This can lead to a number of problems, including fatigue, irritability, and difficulty concentrating.

The Sunday blues are a feeling of sadness or anxiety that often occurs on Sunday evenings. This can be caused by a number of factors, including the anticipation of the upcoming week, the end of the weekend, or the feeling of not having accomplished enough.

If you're struggling with sleep problems or the Sunday blues, there is hope. This book will teach you how to trick your mind into better sleep and beat those Sunday blues.

In this book, you will learn:

- The causes of sleep problems and the Sunday blues
- The best ways to improve your sleep
- How to beat the Sunday blues
- And much more!

This book is based on the latest scientific research and proven techniques. It is written in a clear and concise style, and it is packed with practical tips and advice.

If you're ready to get a good night's sleep and beat the Sunday blues, then this book is for you.

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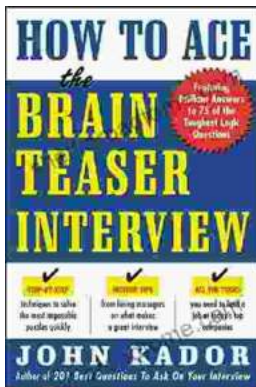


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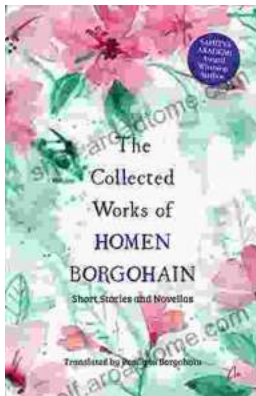
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