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I Can Make You Sleep

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If you want to sleep longer and much deeper, let me help you. I've been helping people improve their sleep for over 20 years.

Paul Mckenna Official | Sleep - YouTube

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The stimulating effects of nicotine and caffeine take hours to wear off and can wreak havoc on quality sleep. And even though alcohol might make you feel sleepy, it can disrupt sleep later in the night. 3. Create a restful environment. Create a room that's ideal for sleeping. Often, this means cool, dark and quiet.

Sleep tips: 6 steps to better sleep - Mayo Clinic

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I Can Make You Sleep: Overcome Insomnia Forever and Get the Best Rest of Your Life [With CD (Audio)] by Paul McKenna (2012-09-04) 4.7 out of 5 stars 5 Paperback

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You expect to feel tired if you take a sleeping pill, but other kinds of medications can cause fatigue, too. It's one of the most common side effects of prescription and over-the-counter medicines.

Medications That Can Cause Fatigue & Drowsiness

If you've gone through trauma, this can cause flashbacks, nightmares or night terrors that disturb your sleep. You might feel unsafe or uncomfortable in bed or in the dark. Paranoia and psychosis may make it difficult to sleep. You may hear voices, or see things you find frightening or disturbing. Mania often causes feelings of energy and ...

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There are also foods (such as tart cherries) that contain low doses of melatonin, a hormone that is important in the regulation of the timing of sleep called the circadian rhythm. However, the melatonin contained within food is so little that you would have to consume a large portion of the food to see any effect.

What Pills or Medications to Take When You Cannot Sleep

You know lack of sleep can make you grumpy and foggy. You may not know what it can do to your sex life, memory, health, looks, and ability to lose weight. Here are 10 surprising -- and serious ...

10 Surprising Effects of Lack of Sleep - WebMD

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This book also comes with a guided hypnosis download designed to deeply relax you and reset your body's natural sleep mechanism so that you'll automatically find it easier to get deep, restful sleep—indeed.I Can Make You Sleep recently became the best-selling book on sleep in American history. If you want to get a good night's rest and wake up refreshed, with the energy to do the things you want to do, this book is for you!