

# Get Better Sleep: The 10 Steps



## Get Better Sleep: The 10 Steps

★★★★★ 5 out of 5

Language	: English
File size	: 1159 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 35 pages
Lending	: Enabled



Do you struggle to get a good night's sleep? You're not alone. Millions of people suffer from sleep problems every night. But there is hope. In his

new book, *Get Better Sleep: The 10 Steps*, Dr. Michael Breus offers a proven, 10-step program to help you get the sleep you need.

Dr. Breus is a sleep expert and the author of several books on sleep. He has helped thousands of people improve their sleep, and he knows what it takes to get a good night's rest. In his book, he outlines a simple, step-by-step program that will help you:

- Identify the root cause of your sleep problems
- Develop a personalized sleep plan
- Make gradual changes to your sleep habits
- Overcome common sleep challenges
- Get the sleep you need to live a healthy, happy life

If you're ready to get better sleep, then *Get Better Sleep: The 10 Steps* is the book for you. Free Download your copy today and start getting the sleep you need.

## **About the Author**

Dr. Michael Breus is a sleep expert and the author of several books on sleep. He is the founder of the Sleep DisFree Downloads Center at UCLA and the author of the bestselling book *The Power of When*. Dr. Breus has appeared on numerous television and radio shows, including *The Today Show*, *Good Morning America*, and *The Dr. Oz Show*.

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Free Download your copy of *Get Better Sleep: The 10 Steps* today.



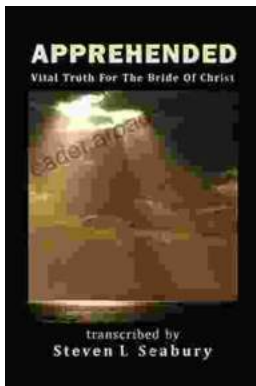
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