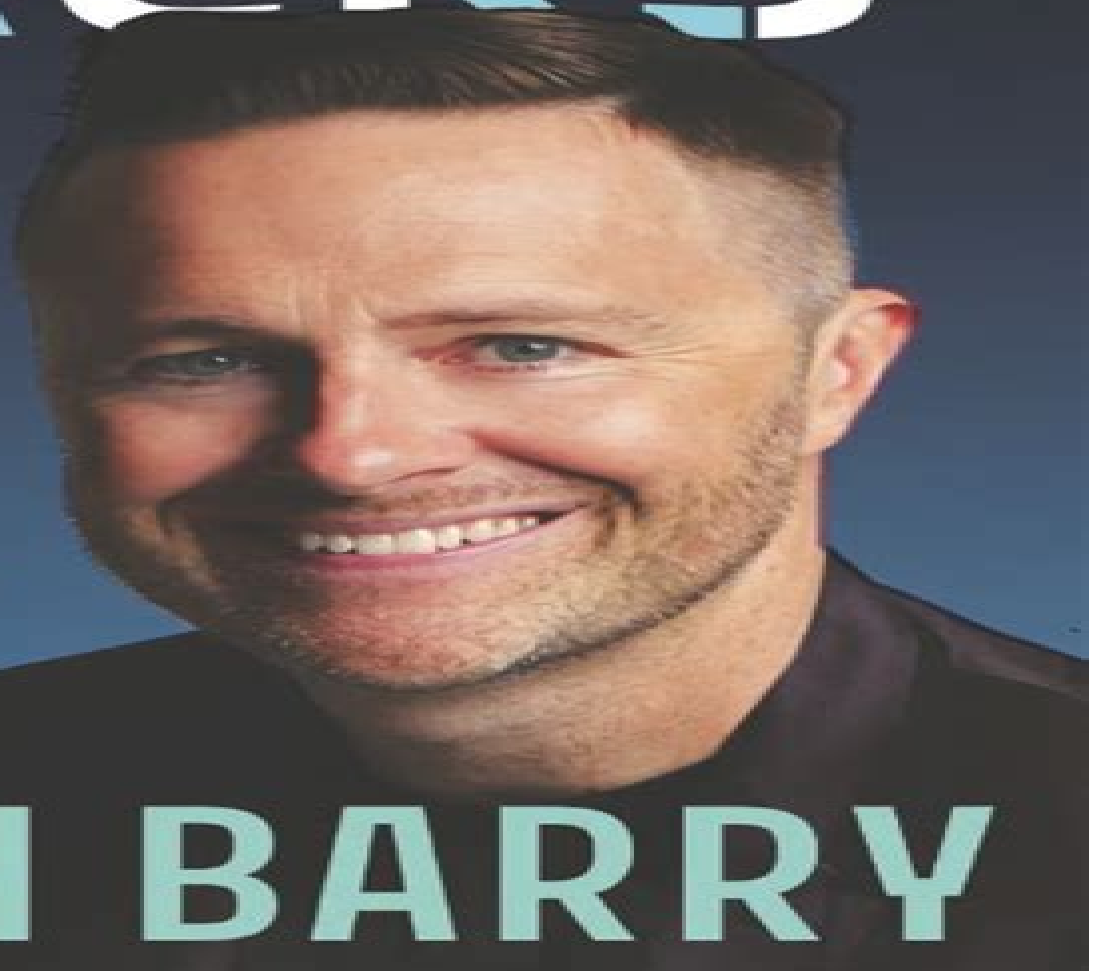


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Edward J. Renehan, Edward Renehan

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The Sleep Patch Revolution Dr Laura Campbell, 2023-02-28 Are you tired of tossing and turning at night struggling to get the sleep you need to feel rested and energized the next day Do you find yourself relying on coffee and energy drinks just to make it through the day If so I have great news for you I ve recently published a new book titled *The Sleep Patch Revolution A Guide to Restful Nights and Energized Days* and it s packed with valuable information that can help you improve your sleep and boost your energy levels In this book you ll discover The science behind sleep and why it s so important for your health and wellbeing Common sleep disorders and how to identify them Tips for creating a sleep conducive environment The benefits of using sleep patches to promote restful sleep and enhance daytime alertness Detailed information on different types of sleep patches and how to choose the right one for you Strategies for incorporating sleep patches into your daily routine And much more With *The Sleep Patch Revolution* you ll have all the tools you need to start getting the restful restorative sleep you need to feel your best No more struggling to stay awake during meetings or feeling groggy and unfocused all day long So why wait Order your copy of *The Sleep Patch Revolution* today and start your journey to better

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- 6 specific ways to reduce stress instantly, at least one is GUARANTEED to work for you page 62
- How to use Yogurt for improved sleep all night page 90
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