



Sleep Like a Baby How to Sleep Well and Increase Your Productivity: Sleep, Sleep Book, Sleeping Tips, Sleep Soundly, Sleep Well

Leslie Johnson

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Sleep Like a Baby: How to Sleep Well and Increase Your Productivity Sleep is an essential part of life. It is necessary for the proper functioning of the human mind and body. An adult need at least 7 hours of sleep every day, to be functioning well the next morning. But sometimes due to stress, work or other reasons it is not possible for us to get all the required sleep and when this continues regularly then it affects our health. We often envy those who sleep well at night and just wake up at the right time for office and seem so active and energetic during the day. It is not some gift of god and you do not have to be envious as you can sleep well too if you want to. This eBook will guide you on how to sleep like a baby and improve your productivity.

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