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SMARTER! **Episode 8: How to**

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shares easy tips and tricks
to discover the best sleep
and best health of your
life. With his 14-Day Sleep
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Sleep Smarter is a fun and entertaining look at how sleep impacts your mind, body, and performance, without skimping on the "how to's" to get the sleep you really deserve. Whether you've struggled with sleep

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problems, or you're simply
interested in living a
longer, healthier life,
you're going to be blown
away with what you learn.

*Sleep Smarter: 21 Essential
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1. Know the value of sleep. This one is a little unordinary, but it's probably the most important. Many people are... 2. Get more sunlight during the day. One of the most vital

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different methods to help you sleep better at night. However, on the website, none of these methods are listed. However, on the website, none of these methods are listed. The company urges you to buy the

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In Sleep Smarter author
Shawn Stevenson takes you
through his 21 steps for
getting a good nights sleep.
After reading the book
you'll be amazed at how much
of an impact sleep has on
your health and

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productivity. This book is a
great read if you're looking
to improve the quality of
your sleep and general well-
being.

Sleep Smarter | PDF Book
Summary | By Shawn Stevenson
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If you are looking for the most comprehensive guide on enhancing your sleep, beating insomnia, and using cutting edge, proven techniques to optimize the most important part of your body's repair and recovery,

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Sleep Smarter - The Ultimate

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In *Sleep Smarter*, Stevenson shares easy tips and tricks to discover the best sleep and best health of your life. With his *14-Day Sleep Makeover*, you'll learn how to create the ideal sleep

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