

Title:

3 Simple Steps To A More Restful Sleep Tonight

Word Count:

472

Summary:

Picture this: It's 5:27 PM. You're hungry after a busy day at work, itching to get home to see

So you finally stroll into your house at 6:04 PM, your 2 young children are clamoring for you

Keywords:

sleep deprivation, sleep disorders, insomnia

Article Body:

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So you finally stroll into your house at 6:04 PM, your 2 young children are clamoring for you

Now it's time to do laundry, read with the kids, and of course a day's work left over from the

But every night it's the same old story. You flop into bed past 1 AM and close your eyes. You

you've had for 15 years).

And the next day it starts all over again. You're tired at work, you don't have time to eat, y

So what do you do?

First thing's first: take a deep breath. You're probably stressed out just reading this far.

To get a more restful sleep tonight do the following:

- 1) Get a notebook and take 5 minutes right before laying down to free write. What you want to
 - 2) Get a new alarm clock that wakes you up gradually with classical music. This will do absolu
 - 3) Add a few very healthy snacks to your daily routine. One of my favorites is a 2 oz pre-pack
- amazingly well to help you sleep better.

Please use these 3 simple tips to enjoy a more restful sleep tonight.

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