

Title:

Fresh Air Can Beat Insomnia

Word Count:

523

Summary:

If you live in a climate where you are subjected to the four seasons in all of their glory, yo

The cause of their insomnia might be the change in wea...

Keywords:

insomnia

Article Body:

If you live in a climate where you are subjected to the four seasons in all of their glory, yo

The cause of their insomnia might be the change in weather but the solution might be as easy a

Usually during the warmer months we tend to open the windows of our home. Having a gentle flow

In the colder months that becomes a bit more challenging. As we glance out the window to see a

When our home is closed up for winter, it becomes a world all of its own. The air doesn't circ

There are several ways you can get the air moving again even when the temperature is cold outs

An air purifier. You can purchase these at many online retail outlets as well as at many hardw

A ceiling fan. Ceiling fans are designed with a dual purpose in mind. They help cool a room du

Your furnace. Most newer model furnaces are designed to keep the air in a home in constant cir

If you do happen to live in a climate where the temperature doesn't dip too low, you may be ab

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