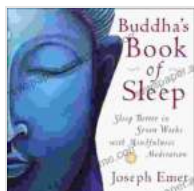


# Buddha Of Sleep: The Ultimate Guide to Restful Sleep



## Buddha's Book of Sleep: Sleep Better in Seven Weeks with Mindfulness Meditation by Joseph Emer

★★★★☆ 4.2 out of 5

Language : English  
File size : 1266 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 161 pages



**Are you tired of waking up feeling groggy and unrested?**

**Do you struggle to fall asleep or stay asleep at night?**

**If so, then Buddha Of Sleep is the book for you.**

Buddha Of Sleep is the ultimate guide to restful sleep. This comprehensive book covers everything you need to know about sleep, from the science behind it to the best ways to improve your sleep habits.

In Buddha Of Sleep, you will learn about:

- The different stages of sleep and how they affect your health
- The science of sleep deprivation and how it can harm your body and mind

- Common sleep disorders and how to treat them
- The best ways to create a sleep-conducive environment
- Tips for falling asleep faster and staying asleep longer

Whether you are a chronic insomniac or simply looking to improve your sleep quality, Buddha Of Sleep has something for you. This book is packed with practical advice and easy-to-follow tips that can help you get the restful sleep you need.

**Free Download your copy of Buddha Of Sleep today and start sleeping better tonight!**

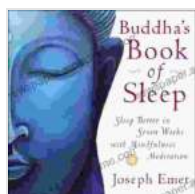
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## About the Author

Dr. Michael Breus is a board-certified sleep specialist and the author of several books on sleep, including The Sleep Doctor's Diet Plan and The Power of When.

Dr. Breus is a regular contributor to The Huffington Post and has appeared on numerous television and radio shows, including The Today Show, Good Morning America, and The Dr. Oz Show.

Dr. Breus is a leading expert on sleep and his work has helped countless people improve their sleep quality.

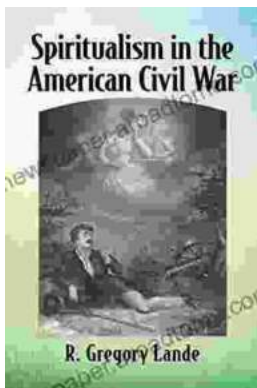


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