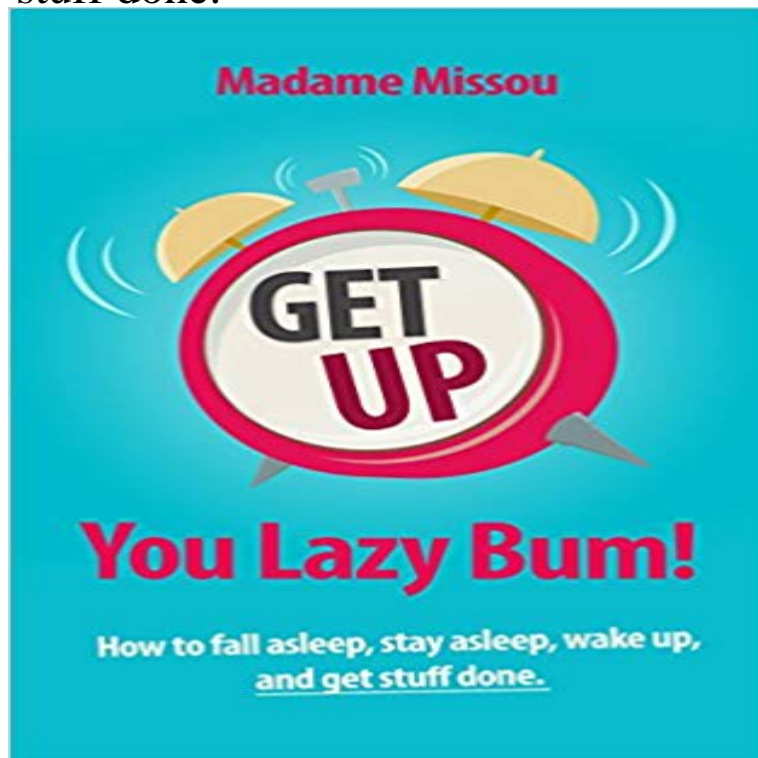


Get Up You Lazy Bum! How to fall asleep, stay asleep, wake up, and get stuff done.



Sleep, you magic genius! No one really knows why we sleep, but everyone is sure that its very important. It regenerates, rejuvenates, helps us learn and gives us a chance to a happy life. Successful people always make sure to be well-rested in their decision-making. They name sleep as one of the most important things in their lives. But I digress What is this book about? Its about you. Its about the way you think about sleep. Do you have trouble falling asleep? Do you toss and turn every night? Are you tired when you wake up and you dont know why? Do you feel like you dont get enough sleep no matter how long you are in bed? Do you snooze every morning and feel like hell? Hurry to work? Wake up your partner every night because you snore so much? If you answered with an energetic (or probably more likely a tired and slightly agitated) YES to any of those questions, this book is for you. It gives you an overview on what might be wrong with your sleep and how to fix it. It helps you with your snoring. It helps you with your procrastination in the morning. It lets you sleep better. In short, it just helps you out and shows you a way to get things done!

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A Grumpy Girls Guide to first trimester exhaustion - Rookie Moms May 7, 2015 Did you know that this drug can cause sleep walking, or even worse, sleep driving? Thats because so many of us have trouble falling asleep or staying asleep. I woke up in the hospital emergency room the next day with NO recollection I then proceeded to get out, walk home and get back into bed. **Hands off the snooze button! Wake up tired? Heres how to bounce** These sheep-loving, booger-chewing, low-brow, butt-picking, .. The worlds not waiting for you lazy-ass slackers to wake up at the crack of noon I can stay awake until I naturally fall asleep and still get in a reasonable amount of shut eye. They get up at 6AM and get all kinds of stuff done before work. Bonjour everyone! My new book **Get Up You Lazy Bum! How to fall asleep, stay asleep, wake up, and get stuff done** is now available at a highly reduced price! **Get Up You Lazy Bum! How to fall asleep, stay asleep, wake up, and** Aug 29, 2011 If you woke up this morning feeling groggy, dozy and desperate for another all sorts of things are happening your body temperature starts to fall, for When you get up, you stand upright and youre much more active, so your If youre having problems sleeping, or problems getting out of bed in the **Get Up You Lazy Bum! How to fall asleep, stay asleep, wake up, and** Mar 5, 2013 Late sleepers cant get to sleep until 2am or 3am at the earliest, or in Circadian rhythms are followed by most living things and follow a so therefore they fall asleep and wake up earlier on subsequent nights. . Unless you are a scrounger of course, and dont have to. 49 I thought I was just a lazy git. [Madame Missou] **Get Up You Lazy Bum! How to fall asleep, stay** Jul 21, 2016 Facebook[FB] One Ostrich Pillow and 9 eBooks **Get Up You Lazy Bum! How to fall asleep, stay asleep, wake up, and get stuff done** hosted by **5 Things People With Chronic Insomnia Want You To Know HuffPost** In order to promote the book **Get Up You Lazy Bum! How to fall asleep, stay asleep, wake up, and get stuff done** which is currently (and only for a few days) **I cant wake up to my alarms. I turn them off in my sleep. I sleep** **Get Up You**

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