

We have spent decades optimizing our waking hours, but what about the precious hours after we doze off (or try to)? *The Magic of Sleep* tells you everything you've ever wanted to know about sleep but were too tired to ask.

As the most active time for our brains and the most important element to a calmer, happier life, sleep has become the topic of our times. Drawing on the success of Calm, the number one app for sleep, meditation and relaxation, Michael Acton Smith writes the ultimate guide to good sleep.

Beautifully illustrated and packed with fascinating facts and anecdotes, this book contains life-changing tips. At once a bedside companion and a sleeping aide, *The Magic of Sleep* will be your solution to a better sleeping life, improving each of your waking hours.

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It's time to optimize sleep.



£9.99

# Sleep A Bedside Companion

**EW Minium**



**Sleep A Bedside Companion:**

## Reviewing **Sleep A Bedside Companion**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Sleep A Bedside Companion**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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