

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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- Discover the best recipes for home-made drinks that will make you drowsy
- Get to know your subconscious by starting a sleep journal and exploring lucid dreaming

It's time to optimize sleep.



£9.99

Sleep A Bedside Companion

Michael Acton Smith



Sleep A Bedside Companion:

Unveiling the Magic of Words: A Review of "**Sleep A Bedside Companion**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Sleep A Bedside Companion**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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