

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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- Learn the new science of sleep, including how to create ideas while you're asleep
- 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.



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Sleep A Bedside Companion

B Lingard



Sleep A Bedside Companion:

Sleep A Bedside Companion Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Sleep A Bedside Companion**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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