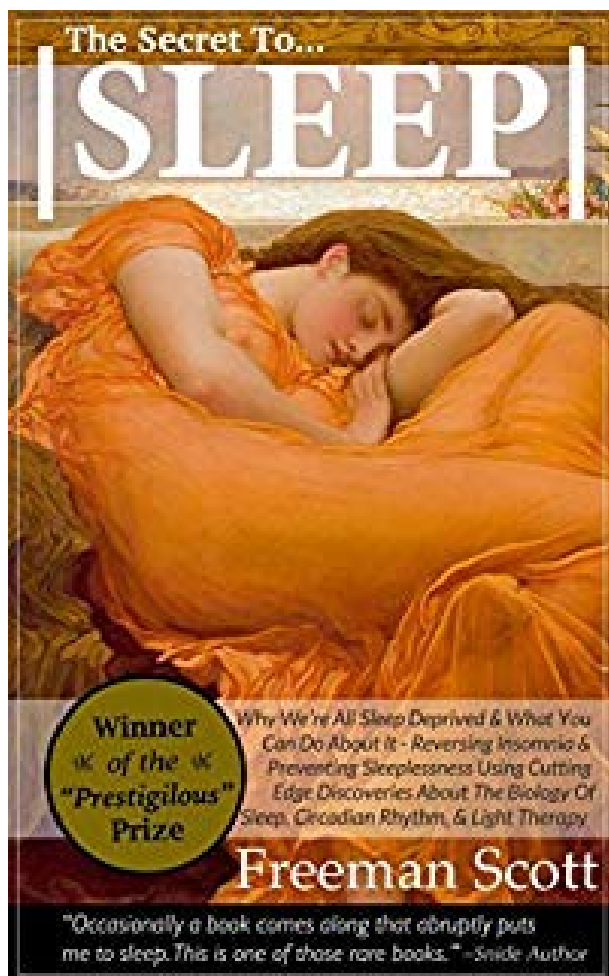


The Secret To Sleep: Overcoming Insomnia



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[The Secret To Sleep: Overcoming Insomnia.epub](#)

Why is it that a staggering thirty-three percent of Americans experience insomnia at any given time? Is there something wrong with all of us that causes us to malfunction in this way, or are we simply missing something? In *The Secret to Sleep* you'll learn about a compelling explanation for why insomnia has become so widespread, not just in the United States, but in many other places as well. In the last several decades, many brilliant and under-appreciated studies have been conducted that shed light on how sleep works and how it's regulated inside our brains.

Learn how these findings can help you separate the wheat from the chaff when it comes to advice about sleep, and how our bodies evolved to regulate the timing of sleep in nature. The answer is both beautiful and surprisingly simple. In addition, learn how to pinpoint personal causes of sleep loss that might be unique to you and your lifestyle. Read *The Secret to Sleep* and find out what's been hiding under (or above) our noses all along.