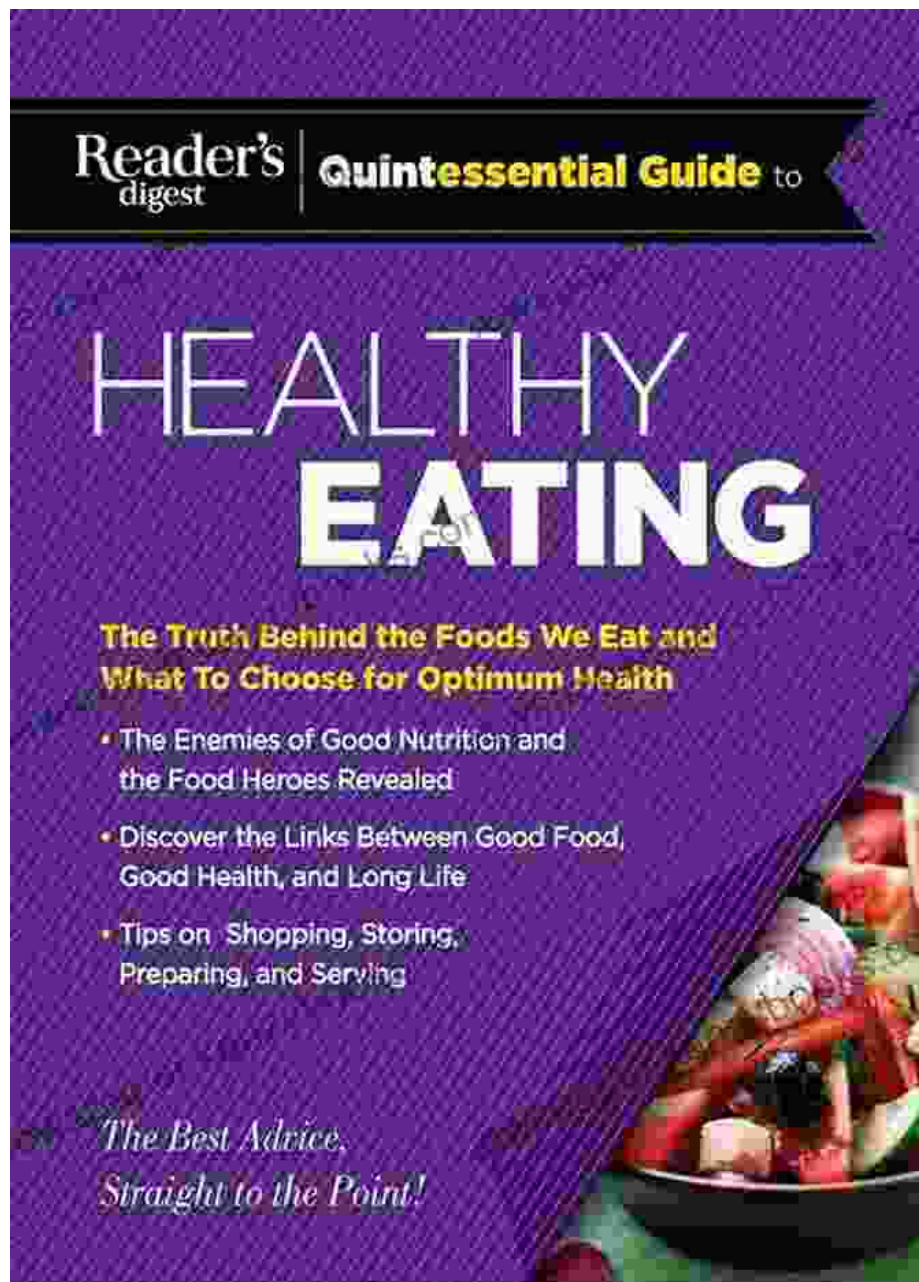
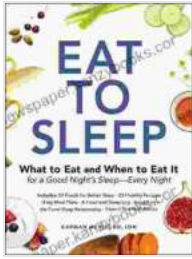


What To Eat and When To Eat It: The Ultimate Guide to Sleeping Soundly Every Night

By Dr. Michael Breus



Eat to Sleep: What to Eat and When to Eat It for a Good Night's Sleep—Every Night by Karman Meyer



★ ★ ★ ★ ☆	4.2 out of 5
Language	: English
File size	: 1708 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 261 pages



Do you struggle to fall asleep or stay asleep at night? You're not alone. Millions of people suffer from insomnia, and it can have a devastating impact on your health and well-being.

But there is hope. The foods you eat can have a profound effect on your sleep. In this groundbreaking book, Dr. Michael Breus reveals the latest research on the connection between food and sleep.

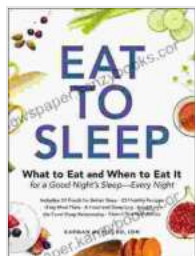
Dr. Breus is a board-certified sleep specialist and the founder of The Sleep Doctor's Diet. He has helped thousands of people improve their sleep by teaching them how to eat for better sleep.

In this book, Dr. Breus will teach you:

- The best foods to eat for sleep
- The worst foods to eat for sleep
- When to eat for the best sleep
- How to create a sleep-friendly diet

If you're ready to get a good night's sleep every night, then this is the book for you. Free Download your copy today!

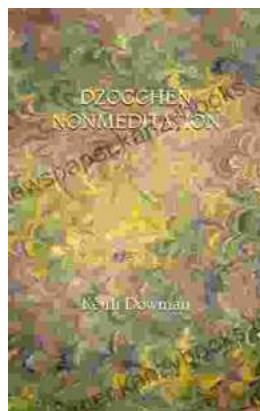
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