

## SLEEP EASILY

THE NEXT TIME YOU'RE LYING AWAKE AT NIGHT, YOU WON'T BE ALONE. NEARLY EVERY THIRD AMERICAN DOESN'T ALWAYS GET ENOUGH SLEEP. THIS CAN AFFECT YOUR HEALTH, WEALTH AND HAPPINESS, INCREASING YOUR RISK OF SEVERAL DISEASES, KEEPING YOU FROM WORKING WELL AND HARMING RELATIONSHIPS. FORTUNATELY, BEHAVIORAL SLEEP SPECIALIST DOCTOR RICHARD SHANE DEVELOPED THE SLEEP EASILY SOLUTION, A PROVEN, MEDICATION-FREE METHOD QUICKLY LEARNED AT HOME THROUGH BOOKS AND RECORDINGS. IT TEACHES YOU FIVE SPECIFIC PHYSICAL TRIGGERS THAT HELP YOU NATURALLY FALL ASLEEP, STAY ASLEEP AND SLEEP MORE DEEPLY. IT'S AVAILABLE AT [SLEEP-EASILY--DOT--COM](http://SLEEP-EASILY--DOT--COM).