

Introduction

Overview of the 6 steps of the holistic system

Section 1: Sleep - The Ultimate Health Booster

Why our body and minds need sleep, the physical and psychological consequences of sleep deprivation and the amazing health benefits of natural sleep

Chapter 1: Sleep and our Physical Health

Chapter 2: Sleep and our Mental Health

Chapter 3: Sleep and our Emotional Health

Section 2: Your Body's Clock

How to use the body's in-built clock to produce natural chemicals in the brain for sleep

Chapter 4: The Hormone of Darkness

Chapter 5: REM Sleep

Chapter 6: Using Your Body's Clock

Section 3: Nutrition and Stimulants

Eliminating stimulants and eating foods which have natural sleep-inducing properties

Chapter 7: Caffeine and Alcohol

Chapter 8: Foods for Sleep

Chapter 9: Creating the Right Conditions

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Section 4: Training the Mind

When and why did your insomnia start, sleep phobias, creating a relaxing bedtime routine and cultivating positive habits

Chapter 10: Your Sleeping Habits

Chapter 11: Your Beliefs about Sleep

Chapter 12: Creating the Right Attitude

Section 5: Adapting Your Lifestyle

Your work-life balance, adapting your bedtime to routine to work schedules such as changing shifts or night duty, using exercise and creativity to get more sleep

Chapter 13: Social and Professional Life

Chapter 14: Exercise

Chapter 15: Creativity

Section 6: Natural Therapies

Herbal remedies, complementary therapies and helpful natural resources to aid sleep

Chapter 16: Herbal Solutions

Chapter 17: Complementary Therapies

BONUS REPORT

(originally produced as a separate document)

Insomnia and Weight Gain

New research about the links between long-term insomnia and weight gain

You can buy this book at <http://www.ways-to-sleep.com/sleep-tips-book/>