6 SLEEP STEALERS GUIDE FOR BETTER SLEEP WITHOUT OVER THE COUNTER & PRESCRIPTION MEDICATION

BEATING ANXIETY AND STRESS

Hello my name is Diana Singer and I am excited to help you sleep better without taking medications and over the counter products.
Sleeping through the night was always hard for me until I started practicing these stealer tips.
I hope you find these 6 tips your solution to getting a better nights sleep.

Using these **6 Sleep Stealers Tips** will give you the energy to get you through the next day.
They will help you feel recharged and alert when you wake up.

Imagine what it will feel like when ...

You don't have to hit that snooze button several times
You wake up and actually feel "**GREAT**"
You are up and running ready to tackle your day
You will be able to finally focus on your job and your tasks for a longer period of time. "**YEAH**"

I hope you had the chance to look at the 5 SLEEP STEALERS GUIDE FOR BETTER SLEEP WITHOUT OVER THE COUNTER & PRESCRIPTION MEDICATION that I was talking about right when you requested this Freebie. I know that if you're interested in getting a better nights sleep without without the use of oral products and just had to share with you my favorite Reset Performance Sleep Tablet.

Testimonials

"Within 15 minutes of taking this sleep tablet I am getting the best night's sleep."

Debbie Morton

"Best sleep with a simple few sips of my own water."

Ali Mehdaouhi

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It's specially formulated as a natural sleep, stress and anxiety relief tablet – Relaxes mind & body for better sleep cycles. Fall asleep fast without waking up groggy, It's Non-Habit Forming and clinically studied Melatonin for better sleep.

To Learn More Go Here Now

Recharge and Sleep Better

Before you reach for those sleep aids, try these 6 techniques to beat anxiety and stress to a better nights rest.

STEAL TIP #1

What you eat before bedtime can have dramatic effect with the way you sleep.

Limit Caffeine - Consuming caffeine 10 -12 hours before sleep can cause sleep problems. Drink a cup of Chamomile Tea prior to going to bed instead. It's commonly know that Chamomile has a natural tranquilizer called "apigenin" which binds to specific receptors in your brain that may decrease anxiety and stress to help you sleep better.

Avoid Big Meals at night – try to eat your meals at least 2-3 hours before sleep. Avoid rich heavy meals as well as spicy or acidic foods.
Avoid Sugar and Refined Carbs – eating sugar and refined carbs late at night can overstimulate you. The more you avoid eating sugar the better you will achieve a healthier sleep pattern.

STEAL TIP #2

Go to Bed the Same Time Every Night – It's so important you to try and wake up and go to sleep the same time every night...even on the weekends. It's so important to make your sleep time consistent to benefit getting a good night's sleep.

STEAL TIP #3

AROMATHERAPY DIFFUSER AND ESSENTIAL OIL – This is a great way to improve your stress and anxiety. Lavender oils are considered a natural sleep aid. Add this to your daily sleep routine to get the relaxation you so deserve.

STEAL TIP #4

WARM BATH – My all-time favorite.Warm baths are known to relax you and help you decompress from your hectic schedule and wind you down for the night.

TEAL TIP #5

MUSIC/MEDITATION – Many have found listening to soothing music right before bedtime helps you to doze off for the night.Meditation is another alternative to getting a good night's sleep. There are apps you can download on your phone or go to YouTube and listen to sleep mediation audible's.

STEAL TIP #6

DEEP BREATHING EXERCISES – Lie down in a comfortable position and close your eyes and focus on your breathing. You can keep your hands at your side or on your stomach.
Breathe(Inhale) in through your nose and out(exhale) through your mouth. Inhale for 6 seconds, Hold for 6 seconds and exhale for 6 seconds. Try these 5 times. When you focus on the rhythm of your breathing it helps you to destress and fall asleep.

Again, I really hope you had a chance to look at the 6 Stealer Tips that I was talking about right when you requested this Freebie. I know that if you're interested in getting a better nights sleep without tossing, turning and looking at the clock I just had to share with you my favorite Natural Sleep Aid. I highly suggest going here and checking it out.

Recharge and Sleep Better

More Resources For You

If you are looking to have more energy throughout the day my other favorite is Flux Slay.

I work a busy schedule throughout the week and also a fur mom to my beautiful rescue lab mix Zack.

Instead of grabbing a cup of coffee I like to use my filtered water bottle with one Flux Slay tablet to give me instant energy throughout the day.

If you are looking for a powerful natural energy tablet without the jitters then I recommend Flux Slay.

For more information about Flux Slay or Flux Reset check out the link below.

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Did You Get Some Value?

I hope these 6 Sleep Stealers help you getting the sleep you so deserve and maximize your energy the next day.

I'm so excited for us to be connected more. I put out new content all about Health and Wellness as well as self development tips on my Social Media Feeds and I'd love to connect more there.

Come and connect more with me and drop me a message. Let me know how you enjoyed My 6 Stealers Tips to Get Better Sleep.

See you over there!

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