

The Little Known Secret to a Good Night's Sleep

***The #1 way to cure your insomnia FAST
without costly prescriptions or nasty side-effects***



**Another good health guide from
Spencer Alexander**

Introduction

- Do you lie in bed, for hours - night after night - tossing and turning, struggling to fall asleep?
- Do you wake up in the middle of the night, not just once, but two, three, even four times?
- Do you have to drag yourself out of bed in the morning, drained of all energy, exhausted from lack of sleep?

If you answered yes to these questions, you may be suffering from insomnia. But don't worry. With this guide **your sleep problems could soon be over!**

You can end your insomnia TONIGHT - without sleeping pills, drugs, or medication of any kind!

Welcome to a Good Night's Sleep

Hello. Thank you for selecting this guide. By the time you're finished; don't be surprised if *you* are thanking *me* for putting an end to your sleep problems once and for all!

It's a fact: everyone has trouble sleeping now and then. It's annoying, maybe even inconvenient, but it's no big deal. What IS a big deal is a pattern of sleepless nights, where falling asleep and staying asleep are impossible.

When 'occasionally' turns into 'regularly'...there's a problem. A BIG problem. It's called insomnia. Fortunately, there's also a solution...it's the 'secret' that you'll be reading about in just a little while.

As a sleep specialist, I'm here to help you **with facts, tips, and tools** to help you get the treatment and sleep you need...

...including the easy as pie **Little Known Secret to a Good Night's Sleep**.

Start Sleeping Better TONIGHT!

This book is written in a friendly, easy-to-understand way so it won't put you to sleep. What *will* send you off to the Land of Z's is the secret that it teaches you. And don't worry...

The 'lesson' is so easy, you'll master it immediately and be able to call on it instantly to **fall asleep faster and stay asleep tonight!**

And here's the **best part of all:** you'll wake up feeling refreshed and revitalized. There's **none of the hangover effect** you feel from artificial sleep aids...just the natural 'high' you get from a good night's sleep.

No wait! Maybe **this is the best part:** the secret to getting a good night's sleep **doesn't cost a penny.** You don't have to buy costly prescription drugs or take a nightly dose of over-the-counter medication.

So turn down the covers and set your alarm clock for morning. Because *tonight's the night* that you're going to sleep like a baby for the first time in a long time. And it's just the first night in a lifetime of good sleep.

You Are Not Alone

Sleep is an instinct, a natural ability that usually doesn't take much effort at all. You just close your eyes, relax and get taken away to Dreamland, right? Wrong! For many, many people, sleeping isn't easy at all.

- **According to the U.S. Department of Health and Human Services, approximately 60 million people suffer from insomnia.**

The inability to sleep affects approximately 40% of women and 30% of men. That's a lot of people suffering from way too many sleepless nights.

I was one of them...until I discovered the #1 secret for improving sleep. It changed my life. I hope it will change yours.

Insomnia Made Me A Monster

I never had a problem sleeping as a kid. I would close my eyes at night and the next thing I knew it was morning. I would jump out of bed, bursting with energy and I'd go, go, go until nighttime when I'd fall into bed exhausted, but happy.

That's when it hit me...adulthood.

Suddenly I was on my own with a lot on my plate: a job, relationships, and family concerns, to name a few. The one thing I didn't have a lot of was sleep. It was getting harder and harder to fall asleep at night, and nearly impossible to sleep through until morning.

My lack of sleep was changing me. I often felt tired and grumpy. I had a hard time remembering things and it was hard to focus on what I was doing at work and at home. It was hard for other people to be around me...and I didn't much like being around myself either.

Sound familiar?

I know what it's like to be sleep-deprived night after night after night. And I know what it's like to feel powerless and 'under the thumb' of insomnia. It's a terrible place to be...but **you don't have to be there anymore!**

I did a lot of research to find out how to cure insomnia. I combed through a lot of books, checked all kinds of reference sites, visited the 'knowledge banks' at websites like the Mayo Clinic and the National Institutes of Health.

What I found opened my eyes...and then helped me close for the first good night's sleep I'd had in years.

Now It's YOUR Turn

I don't want anyone to suffer from insomnia the way I did. That's why I rushed to get this guide written. I want to help people...people like you who crave nothing more than a good night's sleep.

I want everyone to know that if you are feeling beaten down by insomnia...

Help is here!

The Truth About Sleep

You don't need to be board-certified 'sleep doctor' to understand insomnia. The Internet gives everyone easy access to sound medical information from reliable sources. Here's some of the eye-opening information I uncovered.

I think it will surprise you

What Is Insomnia?

According to the [National Institutes of Health](#), insomnia is “a common condition in which you have trouble falling or staying asleep.” Insomnia is also used by the [National Sleep Foundation](#) to describe the condition of “waking up not feeling restored or refreshed.”

Insomnia may be mild or severe, depending on how often it occurs and for how long. Insomnia can be ongoing or acute short term. **Chronic** insomnia means having symptoms at least 3 nights a week for more than a month. **Acute** insomnia lasts for less time.

What Causes Insomnia?

There are two kinds of insomnia – primary and secondary – and different causes for each. Life changes trigger primary insomnia, while medical conditions, prescription and OTC medicines, sleep disorders, and substances can cause secondary insomnia.

The [Mayo Clinic](#) lists 10 likely causes for both primary and secondary insomnia including stress, change in your environment or work schedule, poor sleep habits and **‘learned’ insomnia.** (This occurs when you worry excessively about not being able to sleep well or try too hard to fall asleep.)

Can Insomnia Be Cured?

In some cases, insomnia can be cured simply with time. This is usually the case for short-term insomnia. For example, if insomnia is due to a temporary change in the sleep/wake schedule, as with jet lag, the person's biological clock will often get back to normal on its own.

But the exciting news is that **virtually every type of insomnia can be conquered...**and conquered quickly...using the ‘miracle cure’ that doesn’t cost a penny.

Exercise Is Part of the Answer

The amount of **physical activity** that you engage in during the day effects just how restfully you sleep at night. And in general, the more activity that your body enjoys during the day **the more likely you are to relax fully at night and fall asleep easily.**

It sounds impossibly easy, but it is undeniable true: a little bit of time spent in a healthy activity as simple as walking

- **Makes it easier to fall asleep** – no more tossing and turning and watching the minutes tick by on the clock
- **Improves the quality of the sleep you get** – you're able to sleep more deeply and dream without waking up all night long
- **Makes the transition between the cycles and phases of sleep is smoother and more regular** – you won't have to drag yourself out of bed in the morning.

Studies suggest that there is a direct relationship between how much you exercise and how you feel both emotionally and physically as a result of **changes in your brain chemistry** brought about by regular exercise.

Exercise initially raises the level of stress hormones in the body, but after a few hours, stress levels drop down to lower than they were before exercise began. So you're **stress-free and ready for sleep.**

In a recent [**Stanford University Medical School study**](#) on sleep, older and middle-age participants who took part in a 16-week moderate intensity exercise program reported **falling asleep about 15 minutes earlier and sleep about 45 minutes longer at night.**

You don't have to be a star athlete to reap the sleep benefits of regular exercise. Just **20-30 minutes of activity** each day will yield BIG results at bedtime each night.

- **Tip:** It isn't necessary to do all 30 minutes in one session: break it up into five minutes here, ten minutes there. A short walk, a few flights of stairs...you get the idea.

Exercising too late in the day actually stimulates the body, raising its temperature. That's the opposite of what you want near bedtime, because a **cooler body temperature** is associated with sleep. But there's another reason to get your exercise earlier in the day. And this reason is...

Little Known Secret to A Good Night's Sleep

Most people know and understand that exercise contributes to a good night's sleep. But what few people know is that **exercising outdoors in natural sunlight is the real key to a good night's sleep.**

Have you ever noticed during the warmer months, when you're outside and active, you tend to get tired earlier in the evening? This is due to the extended amount of time you're exposed to sunlight and the physical activity.

Both exercise and sunlight have a direct impact on your sleep system and your body temperature rhythm. If you don't get sufficient exercise and sunlight, you increase daytime drowsiness because you **inhibit the daily rise and fall of body temperature.**

Researchers at the Fred Hutchinson Cancer Research Center learned that **morning exercise** increased the sleep quality of cancer-free, post-menopausal women, but when the women exercised closer to bedtime, there was no improvement in sleep quality. They determined that **morning exercise helps set a person's body clock** (circadian rhythms) to be awake during the day and asleep at night naturally.

Many factors can affect our internal clock, but light appears to be the most important. The timing of exposure is crucial; the body clock is most responsive to sunlight in the early morning, between **6 and 8:30 a.m.** Exposure to sunlight later does not provide the same benefit.

The type of light also matters, as does the length of exposure. Direct sunlight outdoors for at least one-half hour produces the most benefit. (The indoor lighting in a typical gym or spa has little or no effect on your internal clock.)

Light tells your body clock to move to the active daytime phase. When you get up, open the shades or go outside to get some sunlight. If it's not possible to get natural sunlight, at least turn on the lights to make your environment bright.

The best way to ensure a good night's sleep and counter a sense of tiredness, fatigue and lack of energy is by **getting sunlight and exercise**, NOT by staying inactive and resting. This will only trap you further in this cycle!

Bottom line: No matter how little you sleep or how little you think you have slept or how drowsy you feel - **get out and get active!** This is the best way to turn this vicious cycle around: incorporate an element of daily outdoor activity into your life!|

Researchers at the Stanford University School of Medicine studied how daytime exercise affects sleep patterns of people aged 55-75 who were not physically active and had insomnia. The subjects were asked to moderately exercise for 20-30 minutes every other morning. The outcome of their exercising was that they **fell asleep 50% faster and slept nearly one hour longer.** Very impressive!

When the Sun Doesn't Shine

If you're battling insomnia but can't consistently expose yourself to outdoor light in the morning, you may want to try **phototherapy with artificial light**. In phototherapy, you sit in front of an artificial-light box for between 30 minutes and two hours a day. The specially designed light can have an effect on your biological clock similar to that of natural sunlight.

Light boxes are priced between \$250 and \$500 and are available from many manufacturers. If you decide to purchase a light box, be sure to get one that has a brightness of **10,000 lux**, which is the **intensity needed to regulate your circadian rhythm**.

Doing What Comes Naturally

Exercise increases chemical levels in the brain. It makes you feel more awake and gives you more energy. That's why it's not a good idea to exercise shortly before going to bed. However, if you exercise **a few hours before bedtime**, you'll find that your body will **naturally crave sleep**. And if you exercise outside, during daylight hours, your body will **naturally crave sleep on an appropriate schedule**.

Of course exercise in the sunshine has a number of other benefits including making you feel great, improving your general health, helping you to lose weight and giving you more energy during the day. So, before you turn to the sleeping pills, get your RDA of exercise and sunshine and **enjoy a basketful of benefits**.

Natural Tips and Tools for Better Sleep

Because insomnia has many causes and since ‘one size does not fit all’ when it comes to sleep problems, you may want to include any or all of the following in your arsenal for the war on sleeplessness:

Cut Back on Naps

Some people can take a short afternoon nap and still sleep well at night. However, if you are having trouble sleeping at night, try to eliminate napping.

If you must nap, do it in the early afternoon, and sleep **no longer than about thirty minutes**.

Enjoy a Pre-Bedtime Snack

A healthy snack eaten 2-3 hours before bedtime can help take the edge off of your hunger and help you sleep through the night. Your snack should contain **mostly carbohydrates and a small amount of protein**. This combination may help increase the availability of tryptophan (an amino acid that helps induce sleep) to your brain.

A few pre-bedtime snack ideas include:

- A small bowl of oatmeal
- Cereal with low-fat milk
- Yogurt with granola sprinkled on top
- Half of a bagel topped with peanut butter
- A piece of whole wheat bread with one slice of deli turkey
- Six whole-grain crackers with one ounce cheese
- Sliced apple with one ounce cheese or peanut butter

The Marketplace for Sleep

There are millions of people suffering from insomnia and looking for a natural solution to the problem. So it's no surprise that companies are making millions of dollars in profits selling all kinds of natural sleep aids...some better than others.

You can purchase [sleep masks](#) to keep out the light, and [sound machines](#) to drown out the noise. There are also [pillows, body cushions and mattress pads](#) to make your bed more comfy.

But perhaps the most popular answer for a good night's sleep is a cup of tea...

Nutritional Supplements

These preparations use natural ingredients derived from plants and herbs to promote drowsiness and sleep. Some are more effective and more safe than others.

It should be noted that nutritional supplements are considered controversial because they are **not regulated by the Food and Drug Administration**. However, natural sleep aids do have their supporters, especially these:

- **[Chamomile Tea](#)** – The chamomile herb has been used for thousands of years to treat insomnia. Apigenin is a chemical in chamomile **that causes the muscles to relax and initiates sleep**. A cup of chamomile tea at bedtime may be a perfect answer for you.
 - **Note:** People who are allergic to ragweed should not use chamomile
- **[Yogi Brand Kava Kava Tea](#)** –A member of the pepper family, kava kava is a popular mild sleep aid and a natural anxiety reducer from the Pacific Islands. One of the great things about kava use is that it does not lose its potency over time. If you take kava on a regular basis, you will never have to take larger doses of kava to achieve the same result.
- **[Valerian Root Tea](#)** - Valerian root is derived from a plant native to Europe and has been used for thousands of years as a remedy for sleep problems. It is believed that valerian root has an impact on the availability of the GABA, a neurotransmitter in the brain. Unlike the milder supplements above, Valerian Root may cause **headache, upset stomach, daytime drowsiness, and dizziness**.

If you are taking any [prescription medications](#) you should cross check those before taking anything to ensure that there are **no interactions**.

10 Things You Can Do To Prevent Insomnia

Prevention of insomnia involves **a balance of rest, recreation and exercise** in combination with **stress management, regular physical examinations, and a healthy diet**. That sounds pretty good...and pretty easy...doesn't it!

Food and Drink Tips

What you eat and drink has a huge impact on your ability to get to sleep each night. You don't have to completely abstain from anything, but **reducing your intake** of certain substances will definitely pay off in better sleep.

1. **Cut Back on Rich Foods** - Too much food, especially fatty, rich food takes a lot of work for your stomach to digest and may keep you up. Spicy or acidic foods in the evening can **cause stomach trouble and heartburn**, which worsens as you are laying down
2. **Don't Drink Too Much Liquid** – Drinking lots of fluid may result in frequent bathroom trips throughout the night.
3. **Cut Down on Alcohol** - Many people think that a nightcap before bed will help them sleep. You fall asleep faster, but alcohol **reduces your sleep quality**, waking you up later in the night. Stay away from alcohol in the last few hours before bed.
4. **Limit Caffeine** - Caffeine can cause sleep problems up to **ten to twelve hours after drinking it!** If you rely on caffeinated beverages to keep you going during the day, consider eliminating caffeine after lunch or cutting back your overall intake.

Lifestyle Changes

5. **Re-Consider Smoking** - Smoking causes sleep troubles in numerous ways. Nicotine is a stimulant, which disrupts sleep. Additionally, smokers actually experience **nicotine withdrawal as the night progresses**, making it hard to sleep.
6. **Get on the Clock** - Set a regular bedtime and wake-up time and make every attempt to stick to it, including on the weekends. This will help to set the body's clock in a way that will make nighttime sleep deeper and more **consistent**.
7. **No Food, TV, or Books in Bed** – Your bed is not a rec-room. Use it for sleep and sex, not reading or watching television. If you do not fall asleep fairly quickly, get out of bed. Do not return until you are feeling drowsy.

- **Tip:** Consider having **pets stay outside** of your sleeping area. Having a pet in bed with you may cause you to wake if you have allergies or if the pet moves around on the bed.
8. **Create a Sleep ‘Ritual’** - Set up a **regular bedtime routine** that revolves around an activity that helps you unwind such as a warm shower, deep breathing, or anything else that calms you. Do not over-focus on falling asleep by watching the clock.
 9. **Block Out External Noise and Light** – Cut down on the effect of external noise with earplugs and minimize light with window blinds, heavy curtains, or an eye mask.
 - **Tip:** Do not turn on bright lights if you need to get up at night. Use a small night-light instead.
 10. **Block Out Internal Noise** – Bedtime is the worst possible time to focus on problems. Use **meditation techniques and deep breathing exercises** to help you tune out the negativity that can keep you awake.

The #1 Reason for Failure

You are now in possession of the little known secret that any man, woman, or child can use to get a better night's sleep...starting tonight. It's the #1 choice of anyone who wants to stop insomnia before it starts and keep it from being a problem. It's the 'miracle cure' used by Hollywood starlets, captains of industry, grammar school nurses, and top medical practitioners.

Make exercise your natural 'sleep aid' and you can wake up to a lifetime of being well-rested.

But there's something you should know. Even though you know what to do, you can still fail. Thousands of people do, and its' for the same reason...

...Failure to act.

You're One in a Million

Anyone who suffers from insomnia *wants* to be cured, but not everyone will be. Rather than utilizing what they've learned, they'll continue to do things the same way they always have and continue to suffer the same way they always have, too.

The reason: procrastination. Instead of choosing to act, millions of people condemn themselves to day after endless day of feeling tired, irritable, unfocused, and unhappy.

But you're not a procrastinator, are you? You proved that when you ordered this guide. You said, "No more sleepless nights for me" and then did something to make that statement come true.

Congratulations! You're on a roll. And the best is yet to come.

Wake Up to A Whole New Day

When you finish the book, why not take the first step to curing your insomnia...literally! Go out for a brisk 20-minute walk...or a slow 20-minute stroll. Do that, and when your head hits the pillow tonight, get ready for sleep to wash over you like a warm, gentle wave.

You'll close your eyes to the night sky, and when you open them again, you'll be facing a bright new day feeling refreshed and well-rested, eager to jump into your day and live your life to the fullest.

Thank You...Please Stay In Touch

Thank you for letting me share the secret of a good night's sleep with you. Insomnia is a subject I'm passionate about, and it's truly important to me that this book has helped you with your problem.

I love a good success story. If you've had trouble sleeping in the past and this guide has made it possible for you to get the rest you need, I hope you'll tell me about it.

And if you have any suggestions, comments, or feedback, you'd like to share, I'd love to hear that, too.

“Sweet dreams are made of these” – Annie Lennox

Spencer Alexander

Advanced Reading and Resources

If you'd like to do more reading or connect with others who are struggling with insomnia, the following resources will be helpful to you

- **American Academy of Sleep Medicine** - <http://www.aasmnet.org>
- **American Sleep Association** - <http://www.sleepassociation.org/>
- **National Sleep Foundation** - <http://www.sleepfoundation.org/>
- **SleepNet.com Forum** -
<http://www.sleepnet.com/insomnia/insomniainf.html>
- **MD Junction Insomnia Support** -
<http://www.mdjunction.com/forums/insomnia-discussions>
- **HelpGuide.org** - http://helpguide.org/life/sleep_disorders.htm
- **U.S. News & World Reports Article** -
http://health.usnews.com/articles/health/living-well-usn/2008/10/16/10-reasons-not-to-skimp-on-sleep.html?s_cid=related-links:TOP
- **42 Tips for Dealing with Insomnia** -
<http://www.well.com/~mick/insomnia/>
- **Hydrotherapy for Insomnia** -
<http://insomnia.ygoy.com/2007/08/21/hydrotherapy-for-insomnia/>
- **Yoga for Insomnia** -
<http://yoga.about.com/od/yogatherapy/a/insomnia.htm>
- **Hypnosis for Insomnia** -
<http://www.hypnosis.edu/articles/insomnia.asp>