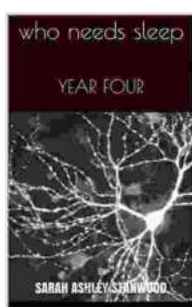


# Who Needs Sleep: Year Four - The Ultimate Guide to Sleep for Success

Are you tired of feeling tired? Do you wake up feeling groggy and unrested, even after a full night's sleep? If so, you're not alone. Millions of people around the world suffer from sleep deprivation, and it can have a devastating impact on our health, happiness, and productivity.



**who needs sleep: YEAR FOUR** by Julie Halpern

★★★★★ 5 out of 5

Language : English  
File size : 1399 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 146 pages  
Lending : Enabled



The good news is that there is a solution. *Who Needs Sleep: Year Four* is the ultimate guide to sleep for success. This book will help you get the best sleep of your life, every night. You'll learn:

- The science of sleep and how it affects your body and mind
- The best ways to create a sleep-conducive environment
- How to develop a healthy sleep routine
- The foods and drinks that can help you sleep better

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With the help of *Who Needs Sleep: Year Four*, you can finally get the sleep you need to live a healthier, happier, and more productive life.

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- A new section on sleep and shift work

Whether you're a new reader or a longtime fan of the *Who Needs Sleep* series, you'll find something new and valuable in this book.

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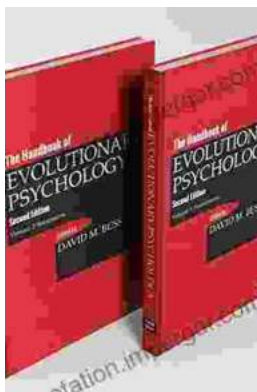
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