



# **From Sleep Deprivation to Sleep Tight with 12 Effective Yoga Poses: Natural Sleep Aids to Good Night's Sleep at Home Without Spending a Penny**

*Suchi Gupta*

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## From Sleep Deprivation to Sleep Tight with 12 Effective Yoga Poses: Natural Sleep Aids to Good Night's Sleep at Home Without Spending a Penny Suchi Gupta

Can't sleep at night? Here are some **natural healthy ways** to help you sleep better without spending **money**, in the comfort of **your home, no visits to doctor sleep, no sleeping pills!** Only natural sleep aids that don't harm the body. No prior **experience** is required. All it takes is **15 minutes every day** to a more fulfilling life- being livelier, successful, clear, happy, healthy, and having better relationships. And to help you sleep, I share the **Best direction and Best position** to sleep in! Plus you get 4 **Acupressure** points, **Aromatherapy** and 3 simple **Breathing** methods, 40 sleeping **tips**, 15 **Stress buster** Ideas and recipes for **bed time snacks** ...along with these simple and easy **yoga** poses.

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