
CRUSH

INSOMNIA



THE ULTIMATE SLEEP THERAPY

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Introduction

Welcome to the book of CRUSH INSOMNIA: The Ultimate Sleep Therapy. This book contains proven steps and strategies on how to handle all the areas of Insomnia from the causes to the steps on how to cure it. All the information in this book will help you to overcome the process of Insomnia.

All the nights of staying awake and all the days of constantly feeling exhausted will fade away. After reading this book, you will know not only about where Insomnia comes from, but you will also know how to cure it. Thanks again and I hope you enjoy this book and benefit immensely from it!



Chapter 1: The Science Behind Insomnia

Have you ever suffered from insomnia? In other words, do you face the difficulty of falling asleep and staying asleep at night? So what causes it?

Often times, insomnia is caused by multiple reasons, such as not getting enough rest, hunger, psychological trauma and so on. No matter what the reason is, millions of human beings suffer from the devil called insomnia. It robs you from getting enough rest, saps your energy and destroys your productivity the next day. Not to mention the detrimental effect towards your own physical and mental health.

What is Insomnia?

Insomnia by definition is the difficulty of falling asleep and staying asleep. It refers to the types of restlessness a person suffers at different points of his or her sleep cycle. A simple



indication to diagnose insomnia is when a person is not satisfied with the amount of sleep that he or she has been getting.

Those with insomnia will feel the lack of energy, fatigue at different moments of the day, facing difficulty in concentrating on tasks, experiencing terrible mood disturbances, and having a low-performance level in the workplace. It's possible for insomniacs to have any of these symptoms after staying awake throughout the night.

A human body requires rest to rejuvenate both mind and body. A lack of rest in either one of them will result in fatigue and various mental illnesses. Although they are terribly exhausted to the core, they still fail to fall asleep or stay asleep due to different causes.