

SIREN'S SLEEP SOLUTION



**NATURAL METHODS FOR DEALING WITH INSOMNIA
AND HELPING YOU GET THE REST YOU DESERVE**

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Foreword

Although sleeping tablets may bring a little relief at first, the dangers affiliated with it far outweigh its advantages.

A holistic approach calling for analyzing the frame of mind, dietary habits and life-style may establish permanent relief. The accompanying natural cures have helped me a lot in defeating my insomnia and I trust will help you too in acquiring a deep, peaceful sleep every day.



Siren's Sleep Solution

Natural Methods For Dealing With Insomnia And Helping You Get
The Rest You Deserve

Chapter 1:

About Insomnia

If you suffer from insomnia, you don't need me to tell you what insomnia is. All the same, there are assorted types of insomnia and assorted causes of insomnia.



What Is Behind It

There are assorted treatments for insomnias, depending on the type and drive of your insomnia. And they're all natural cures for insomnia - you don't have to fall back on drugs to get a great night's sleep.

Transitory or short-term insomnia happens when you have issues sleeping for a single night or up to a couple of weeks. It's commonly caused by the accompanying factors:

- Tension
- Shift in your surroundings
- Temperature extremes
- Exterior noise
- Medicine side effects
- Shift in your sleep schedule, like jet lag

This sort of insomnia commonly sorts itself out and your body's biologic clock will commonly get you back on track.

Intermittent insomnia is if you have short-run insomnia that happens from time to time. It's commonly caused by the same elements as transitory insomnia.

Chronic insomnia is trouble sleeping many nights and lasts at the least a month.

There are additional factors which may drive insomnia. Determine if any of these apply to you: