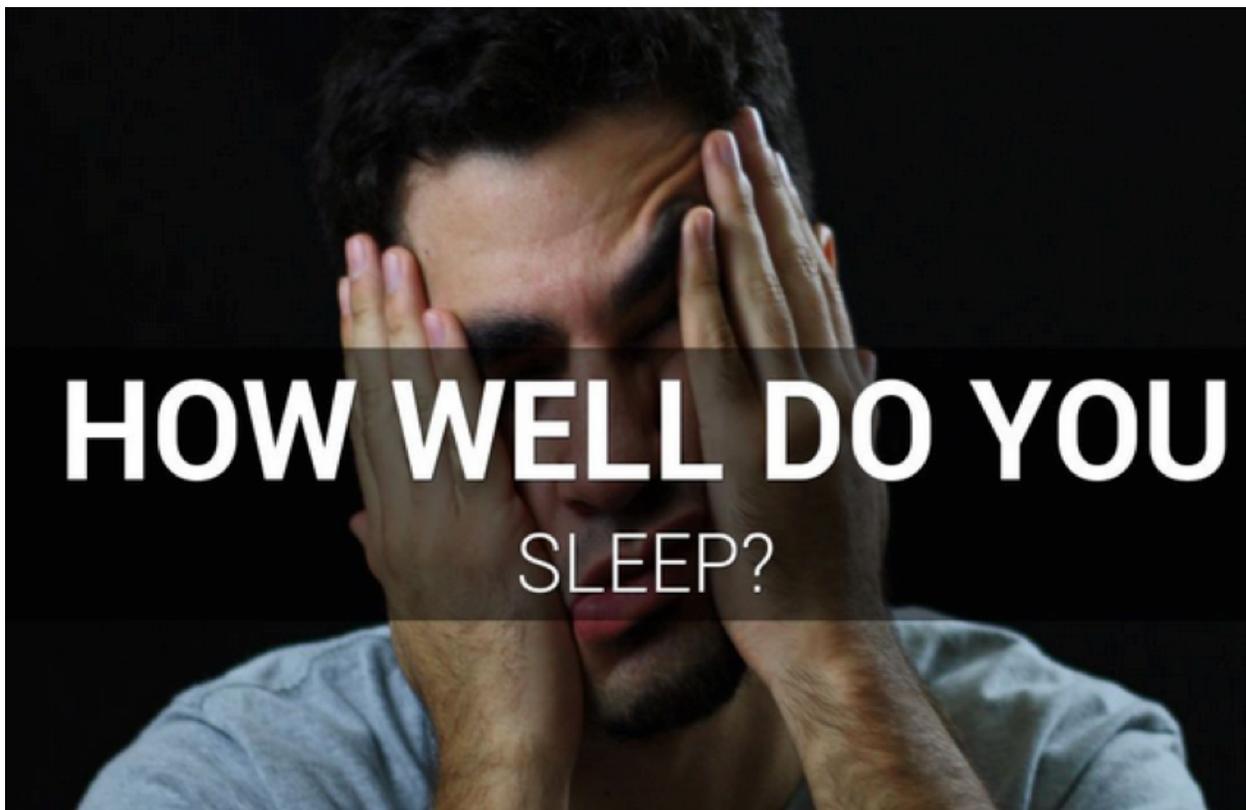


How Well Do You Know Sleep?

Welcome to the Course.



Let's start with an inventory of what you know or think you know about sleep. This short exercise lays the foundation and will facilitate your understanding and approach to creating the perfect strategy to ensure quality and consistent sleep.

Knowledge is your gateway to success.

Worldwide, _____ people suffer from poor sleep. In the U.S. alone approximately _____ deal with insomnia.

Unfortunately modern medicine is quick to offer up a prescription sleep aid. In fact, _____ in 6 rely on this method to get to sleep.

The true danger lies in the research. According to a recent study in the British Medical Journal, taking a benzodiazepine drug can increase the chance of _____ by 50%. Wow! That is a life changing statistic.

There are many factors that disrupt sleep. Some are so simple that they are easily overlooked. After completing this course you will have a solid grasp on what to do and *not* to do to ensure a good night of sleep.

Common problems in the bedroom include:

- Blue _____
- Temperatures above _____
- Sleeping with _____
- Using _____ to get to sleep
- Taking a _____-cap to help fall asleep

One problem that pops up in my clinical practice on a regular basis is the _____(bias) (misperception) about how well one slept the night before. Without _____(objective) data, it is difficult to make intelligent decisions about what to change or keep doing in order to get better sleep.

Many people, more often men - sorry guys, freely admit that they snore but refuse to accept that it poses a serious _____(danger) to their health.

Sleep deprivation is linked to a variety of health problems such as:

- _____ weight

- Increased risk of _____ (DM)
- High _____(blood pressure)
- Disregulation of _____hormones
- Increased chance of fatal _____ (car accidents)

These are just to name a few of the know problems with poor sleep.

In modern society it is all to tempting to reach for the quick fix and ignore the true issue underlying a problem. Despite the short term results, prescription sleep medications are not without risk.

A variety of natural products have been used for centuries to facilitate relaxation, calm anxiety and help people improve their sleep. A few options include natural and herbal products such as:

- M_____++
- _____balm
- _____Root
- _____tea

The mental game is a huge component of solving the sleep equation. Consider the following techniques to boost your sleep:

- Y_____
- Pick up your least favorite _____
- M_____ & M_____ (meditation and mindfulness)
- Empty your _____(tank)
- 20 min _____ (rule)

This quick exercise was designed to cue your mind to consider all the various factors involved in getting consistent quality sleep. Despite the frenetic pace of modern life and the overwhelming fatigue many of us feel at the end of the day, this is no longer enough to guarantee consistent, efficient and quality sleep.

We will cover all this topics in detail in the One Week To Better Sleep Course.

Join me and I'm confident you will be sleeping better by the end of the course. If not, just ask for a refund. There is a 30 D no questions asked refund policy. You don't even have to talk to a human. Just click a few buttons and you get all your money back, butwith over 1,500 students sleeping better tonight I hope you stay until the end and give yourself the quality sleep you deserve.

With gratitude,

Mitchel Schwindt, M.D.

MitchelMD.com