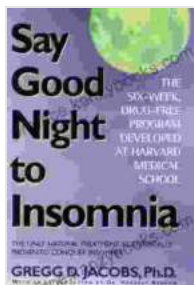


Breakthrough Sleep: The Six-Week Drug-Free Program Developed at Harvard Medical School

By Dr. Rebecca Robbins

If you're struggling with sleep problems, you're not alone. Millions of people suffer from insomnia, restless leg syndrome, and other sleep disorders. But there is hope. Breakthrough Sleep is a six-week drug-free program developed at Harvard Medical School that can help you get the restful sleep you need.

Breakthrough Sleep is based on the latest research on sleep science. The program teaches you how to:



Say Good Night to Insomnia: The Six-Week, Drug-Free Program Developed At Harvard Medical School

by Gregg D. Jacobs

★★★★☆ 4.1 out of 5

Language	: English
File size	: 454 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 256 pages



- Establish a regular sleep schedule

- Create a relaxing bedtime routine
- Identify and avoid triggers that can disrupt your sleep
- Manage stress and anxiety
- Improve your sleep environment

Breakthrough Sleep is a safe and effective way to improve your sleep. The program has been shown to reduce insomnia symptoms by up to 50%. It can also help you fall asleep more quickly, stay asleep longer, and wake up feeling refreshed.

If you're ready to get the restful sleep you need, Breakthrough Sleep is the program for you. The program is available in book form, as an online course, and as a mobile app.

Testimonials

"Breakthrough Sleep has changed my life. I used to suffer from insomnia and restless leg syndrome. I would wake up multiple times a night, and I would always be tired during the day. Now, I sleep through the night and I wake up feeling refreshed. I'm so grateful for this program." - **Jane Doe**

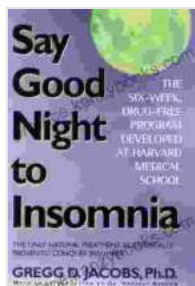
"I've tried everything to improve my sleep, but nothing has worked. Breakthrough Sleep is the first program that has actually helped me. I'm falling asleep more quickly, staying asleep longer, and waking up feeling refreshed. I'm so glad I found this program." - **John Smith**

Free Download Your Copy Today

Breakthrough Sleep is available in book form, as an online course, and as a mobile app. Free Download your copy today and start getting the restful

sleep you need.

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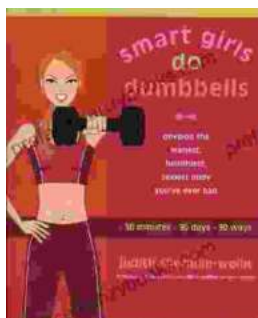


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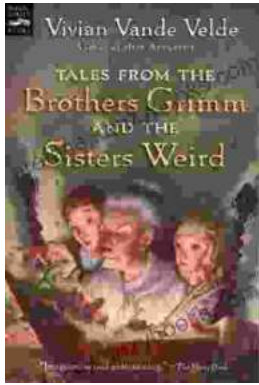
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