

# Good Night!

## The 8 fast and pragmatic steps to your healthy sleep

### Easier said than done?!

If you are here today, reading this, you probably have tried already a couple of things to get to a better sleep pattern, or to just have more restful nights, but nothing has really worked for you. No matter where you are at, this interactive e-book will guide you step by step in a very pragmatic way, without diving too deep into complicated, scientific explanations.

If you are really serious about wanting to change something about your sleep pattern and you like it simple, then this guide is made for you. You will get your healthy sleep in 8 simple steps; you will also keep the achieved results up in the long-run and on top of it be more energized and balanced throughout your days.

The 8 steps will work for you, because I will guide you towards your individual formula of these 8 steps. We are all different. There is no one-fits-all solution when it comes to sleep. That's why I offer you enough options within each step. Here you will find the 8 methods that will work for YOU; and you will practice and learn how to integrate them into your life.

### Let's get rid of some myths first

You probably think that your sleeping problem is so complex and unique, that there is no simple and fast solution to it, besides taking some sleeping pills. Some specialists might even have told you, that it will take a lot of time and patience to get to the bottom of your sleeping problem and even more time and patience to find a solution to it.

Well, guess what, it doesn't have to be such a long journey. Because there is a lot you can do right now, right here that will enhance your sleeping pattern right away. Even without analyzing or understanding your sleeping problem in too much depth. Trust me, you just need to follow the steps I'm showing you. They all are separately, scientifically proven to improve your sleep. But putting them together in this way will boost the impact to sustainable success. Your sleep will start getting better as of today, because you don't need to study sleep to make it work; it just works, when you do the right things.

Also, you might not even need to sleep longer to feel more restful and energized the next morning. You just need to get the right way of rest! We get to this in the next chapter.