



A Good Night's Sleep: A Drug-Free Solution

Jan Sadler

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How to overcome insomnia with visualization, breathwork, and meditation

- Presents mental and physical exercises to quiet mental chatter, visualizations to prepare for sleep, and deep breathing and mindfulness meditation techniques
- Explains how to establish and analyze a sleep diary and how to retrain the body to sleep solidly

In *A Good Night's Sleep*, Jan Sadler teaches the skills needed to break the patterns and frustration of insomnia. She explains how to overcome stress and restlessness through meditation and deep diaphragmatic breathing, how to prepare for sleep through positive visualization, and how to quiet mental chatter with awareness and physical techniques such as the “Stop/Cancel/Change” and “Shakeout” exercises.

Sadler addresses how to reduce dependence on sleeping pills, determine the amount of sleep you truly need, and, most important, how to retrain yourself to sleep soundly. She provides a two-week sleep diary and shows step-by-step how to identify and analyze any underlying daytime and pre-bedtime habits that can disturb sleep. By revealing the keys to quality, drug-free sleep, *A Good Night's Sleep* enables you to reclaim control of your sleep cycle and your life.

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