



You Can Sleep Well: Change Your Thinking, Change Your Life

Chris Idzikowski

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You Can Sleep Well is the indispensable "open sesame" to the secrets of sleep. By showing us how to combat tiredness, insomnia, nightmares, snoring and children's sleeping difficulties by using a wealth of practical exercises and techniques, the renowned sleep expert Chris Idzikowski sets us on a sure path to a good night's rest, leading to greater energy at home, at work and at play. The book begins with brief yet wholly accessible explanations of what sleep actually is and why it is so important. These are then followed by a wealth of practical exercises, handy tips and proven strategies for finding sleep in any given situation. Your environment is essential in dictating the quality of your sleep - whether this is finding peace and quiet, practising feng shui in the bedroom or clapping out trapped qi. However, your peace of mind is also key to gaining the sleep you need. Exercises included in the book assist you in banishing any worries, using meditation to induce sleep, defining and tackling insomnia and overcoming the potential terrors of deep sleep. Whether you have difficulty in getting to sleep, suffer from nightmares or simply want to indulge in some hard-earned relaxation, *You Can Sleep Well* offers the perfect toolkit, enabling you to perform better during the daytime and to fully appreciate the nighttime.

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