

THE BETTER LIFE SERIES

PRACTICAL PSYCHOLOGY FOR REAL LIFE

SLEEP BETTER, LIVE BETTER

Improve Your Sleep,
Restore Your Energy and
Feel Better Every Day

REST.
RECHARGE.
RISE.

- TONIGHT I CHOOSE:
- ☒ Wind down
 - ☒ Let go of worry
 - ☒ Sleep deeply
 - ☒ Wake refreshed
 - ☒ Live well



ALDEN M. CORVALE

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Practical Psychology for Real Life

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Better Every Day**

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This book is educational and informational, not medical diagnosis or treatment. Persistent insomnia, severe daytime sleepiness, loud snoring with breathing pauses, unusual sleep behaviors, or sleep problems that affect safety should be evaluated by a qualified professional.

The exercises are invitations, not tests. Adapt them to your circumstances, work schedule, responsibilities and health needs.

Introduction

Sleep is frustrating because it cannot be forced. The harder you chase it, the easier it is to turn the bedroom into a place of monitoring, calculation and worry. Better sleep usually comes from working with sleep biology rather than trying to overpower it.

This book focuses on practical foundations: sleep pressure, circadian rhythm, regularity, light, movement, caffeine timing, wind-down routines, stimulus control, worry management and knowing when ordinary sleep hygiene is not enough.

The goal is not a perfect score or exactly eight hours every night. The goal is a sleep system that is steady, flexible and realistic - one that improves your days as well as your nights.

TRY THIS TODAY

Change one or two variables at a time, keep a simple sleep diary and judge patterns across weeks rather than one night.

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