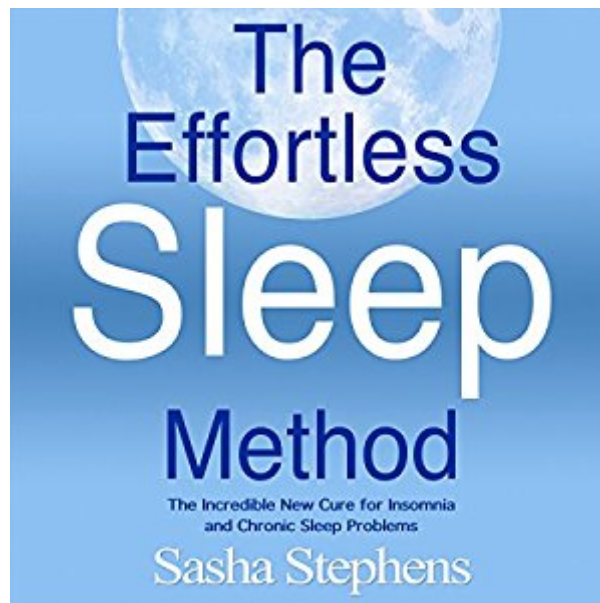




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# The Effortless Sleep Method: The Incredible New Cure For Insomnia And Chronic Sleep Problems



## Synopsis

The Effortless Sleep Method is the approach insomniacs all over the world have been waiting for. This hugely effective method offers a simple and permanent solution for long-term and new insomniacs alike. The Effortless Sleep Method gives you something no other insomnia book can: an entirely different way of looking at insomnia. The step-by-step insomnia recovery sleep program contained in this book doesn't just treat insomnia, it totally undermines it. This is not another dry as dust reference book written by a doctor, but a lively, empowering book which connects the sufferer intimately to one who has gone through the same pain. Sasha Stephens suffered a full fifteen years with crippling, terrifying insomnia before a chance event enabled her to see the problem from an entirely new perspective. What came next was astonishing; fifteen years of insomnia had disappeared in the space of a few weeks. Following extensive research, Sasha created the Effortless Sleep Method, a step-by-step sleep training program which has now helped countless insomniacs to get their lives back. Sasha maintains that with a little honesty and commitment, anyone can cure their insomnia, no matter how severe. In this book, she will leave you open-mouthed with her understanding and insight into sleep problems. In a chatty, engaging manner, she will hold your hand through every step of your recovery, anticipating your feelings, your fears and your doubts. Sasha understands insomnia acutely, like only one who has suffered the horror of this affliction can. The ability to sleep soundly, naturally and unaided is the desire of every chronic insomniac. This method will guide you to rediscovering your innate ability to sleep without pills, potions or external sleep aids. When The Effortless Sleep Method is followed properly, the results can be incredible. Many people report sleeping better than they have ever done. Now, anyone can have perfect sleep.

## Book Information

Audible Audio Edition

Listening Length: 4 hours and 38 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Sasha Stephens

Audible.com Release Date: September 12, 2014

Whispersync for Voice: Ready

Language: English

ASIN: B00NJ0POAE

Best Sellers Rank: #163 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders #3002 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help #27519 in Books > Self-Help

## Customer Reviews

If you have done a fair share of insomnia research online, then you probably know most of the ideas presented in this book. Sleeping pills are bad. Stay off the electronics at night. Practice deep breathing. Get out of bed if you can't sleep. Only go to bed when you are tired. Etc. Etc. Etc. What I am trying to say, is that if you are looking for a ground-breaking revelation that you haven't found online, then you probably won't find it in this book. Also people are exaggerating when they say she spends most of the book talking about her own problems. I have this on Kindle and she stopped talking about her own problems at the 14% mark. Overall this isn't a bad book, but not necessarily a fantastic one either. It's a good collaboration of online information all in one place.

A simple method for an author that can relate! I didn't really think it would work but I didn't have to go past her "first step"...her advice is great. I have transient insomnia and still struggle with it from time to time but overall the book has been a big help and I return to her techniques if I go more than a few days without sleeping well. I recommend.

Hasn't really worked for me after a month or so. And yes, I've been doing all the "12 promises". Pretty much everything stated in the book is more or less obvious, but it does help that they are put in the book in a particular order and way. The "mistakes" listed are also nice, as these things we all do but sometimes forget they can contribute to our problem. I felt like there was a lot of repetition in this book, as well as unneeded self promotion (hello, I bought your book.. you can stop now). All that being said, it looks like a decent amount of people have had some success with this book, and for \$4 it's worth a try. Just hasn't really done much for me. I appreciate the things I did learn from this book, so it wasn't a waste of my time.

This is a solid book that has already started to help with my sleep issues. I've suffered from insomnia for 3 years, much of that time getting 2-3 hours of pitiful, restless sleep and feeling horrible the next day. I've tried many solutions, including antidepressants, sleeping pills, therapy, etc., all to no avail. I don't share the author's disdain for the established medical treatments of insomnia, but can echo the fact that none of those methods worked for me. The reason I love this book is that it

contains advice that resonates with me logically. So much of the well-meaning sleep advice out there nowadays has to do with going to bed at the same time every night, having the room pitch black, and a host of other things that have no bearing at all on the quality of your sleep. Have any of you ever wondered why these perfect sleep conditions are necessary when none of them seemed to matter when you were younger? Me too. Back before stress took over our lives, we were able to fall dead asleep and stay that way for eight hours, even sleeping in a recliner by a lamp, with the television going. If you change the sleeping conditions now without changing the stress, you are still going to sleep like crap. Stress and anxiety begin to erode your sleep and you form poor habits such as worrying in bed and waking up in the middle of the night. This book shows you how to change the habits through positive thinking and a healthier approach to stress. The only reason that I give this book 4 stars is that it completely disregards common medical approaches to insomnia. As I mentioned before, I too tried most medical treatments, including therapy, multiple anti-anxiety meds, and sleep meds. Even though none of these solutions worked for me, I know people that have been able to control insomnia through the right combination of these treatments. The author has an understandable disdain for the medical approaches to insomnia since she was not able to get relief through them for her sleep issues, but that doesn't mean that sound medical advice won't work for anyone. My advice is to try this book first and then consult your doctor if you continue to have problems. Therapy is the most helpful of all the medical approaches I tried, whereas pills were much less effective. Understand that if you are looking for a pill that is going to magically make you get 8 hours of hibernation-quality sleep every night, you will be disappointed. Tying things up, this is a great book if you want to take control of your sleep issues yourself. Be ready to challenge your beliefs and attitudes about sleep. Be ready to put some effort into changing your sleep habits gradually, over time. Be comfortable with incremental improvements. In the short time that I've put the advice in this book to work, I've already started to sleep better and perhaps even more importantly, been more comfortable during the day after I didn't sleep well. No matter what course you take, I wish you luck and better sleep.

This book helped me SOOO much!! I am not a chronic insomniac, I have gone through bouts of less than stellar sleep for several years now. I always tend to sleep ok, But i had a habit of worrying about my sleep, which always made things worse, reading this book has given me a whole new outlook on sleep and on life! Honestly. Even during periods of great sleep, I would always have these thoughts of "oh well, i'm sleeping now so everything's ok, but what if it gets worse?" and then it would. She illustrates common mistakes that can lead to insomnia, like using the bed for anything

but sleep, and keeping irregular schedules. I went to my doctor for my last bout of insomnia that lasted 2 weeks, and of course, pills. and they made me crazy! and i was like "I AM DONE!" thankfully i found a solution that empowers me and does not involve pills or mask the problem. I plan to read it again and to implement each practice in my daily life. this makes so much sense!! it's time to stop trying so hard! if you're an analytical thinker like me, then you will know the struggle of "thinking about thoughts" etc. this book can give you the tools to help yourself! very empowering!!

All my life I have slept well and needed 8-9 hours per night plus a nap to feel really good. Then I went through a period when I couldn't sleep more than 2 hours per night. I was miserable, not falling asleep until 2 and then waking up around 4. I read this book and did EXACTLY what she said. Seriously, I didn't depart from her advice at all. She suggests doing something to make you sleepy so I combined it with a meditation app to listen to before going to bed. It worked almost immediately and I began falling asleep soon after I went to bed. Now almost two years later I can do the things that she forbids (naps, reading in bed) without problems, but I always know what to go back to should I ever experience sleeping issues.

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