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# How to Create Healthy Sleeping Habits

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# How to Create Healthy Sleeping Habits

## Creating Healthy Sleep Habits For Your Kids

Good sleep habits for kids are as important as they are an essential for health, proper growth and well-being. Children, who get plenty of sleep every night function better throughout the day, are more alert, and their concentration, memory, and performance are better than those who don't sleep well. As well children with sleep problems are less likely to develop behavioral problems of any kind, moodiness, anxiety or depression.

The needs of sleep vary from child to child but school age children in general require in the area of nine to twelve hours of sleep per night. If you are unsure whether or not your child is getting enough sleep every night consider these things- if a child can fall asleep within a period of fifteen minutes to a half an hour than he or she is getting enough sleep; if he/she wakes up easily in the morning that is a good sign; if he/she is wide awake, energetic and alert throughout the school day then the nighttime sleep is sufficient.

It is important to explain to your child why getting enough sleep every night is significant, not only in terms of his/her health but also for performance in school and other activities such as sports, music, playtime, etc.

Above all else the number one tip to encourage good sleep habits in your child is to develop and follow a routine before bedtime. A routine is good for children because children like predictability and a bedtime routine makes it easier for a kid to calm down after their busy day, crawl into bed and drift off to sleep.

A typical bedtime routine for a child should look something like this- a light snack (such as milk and cookies, but avoid chocolate cookies as they contain caffeine), a relaxing bath, dry off and put on pajamas, wash face and brush teeth, read a bedtime story and then it's good night and lights out. Always ensure that a child's room is at a comfortable temperature (the mid sixties is good) and that it is peaceful and quiet.

Also many children do not want to be left in the complete darkness while they sleep so getting a nightlight is a worthwhile purchase to make. And remember, stick to the same bedtime every night. An occasional change in the bedtime routine, such as when grandparents visit or during a holiday weekend is one thing, but for the most part, a consistent routine is best.

It is an excellent idea to devise a specific cut-off time for entertainment for your child, in terms of television, video games, and the computer and so on. It is not a good idea to have a television or a computer in a child's bedroom, as they can be easily distracted or tempted to play after they are told, "Enough for today."

It is an even better idea to cease television, computer or videos an hour before bedtime in order to make the preparation for sleep a calm and relaxing experience. A child does not need

anything stimulating before bedtime. In fact a recent study into this showed that watching television right before bedtime can inhibit a child's ability to fall asleep and stay asleep.

Children can suffer from sleep disorders just like people of any age can. Sleep apnea, insomnia, bruxism (teeth grinding), enuresis (bed wetting), asthma that is nocturnal in nature and nightmares can all occur in children. If your child is having problems with sleep the sooner you make a visit to the doctor to decide upon a course of action, the better.

Stress can cause sleepless nights for children so always encourage your son or daughter to talk with you about any concerns or worries he or she is having, whether they be family problems, school related problems (such as peer pressure, bullying, anxiety about tests or grades) and so on.

Try to make the whole sleep experience as positive and uplifting as can be. Encourage your child to learn how to fall asleep on his/her own and not to need to rely on you. Research has proven that a child sleeping in a parent's bed runs a risk of them suffocating or being strangled and also fosters dependence to an unhealthy extent.

None of these things are as likely to happen when the child is alone in their own bed. It is the kid who can be alone and fall asleep by him/herself who learns better how to cope with moments when he or she is awakened during the night. The only time that you might want to stay with your child until they fall asleep is if they are sick or extremely fearful.

### **Easy Ways to Talk to Your Kids About Sleep**

There are several ways to talk to your kids about sleep. Proper sleep habits should be established early in life so they become habitual instinct early and potential problems can be avoided later on in life. Sleep routines started as a child generally carry over into adolescent and adult life. It is your job as a parent to instill in your children a sense of good sleep habits now, so they will have them for life.

With most children, when they hear it is time for bed, they try to fight it. You ever notice a small child starts crying and getting irritable when she is tired. Her body is telling her it is time for sleep, but she does not want to. She fights it as long as she can. Sometimes children are afraid they will miss out on something if they go to sleep. Sometimes they feel like they are being treated unfair because their older siblings and the adults don't have to go to sleep, so they fight it.

They don't want to go to bed, even if they are sleepy and tired. If you don't have to go to bed, why should they. They might miss something or someone important if they go to sleep. The world as they know it might very well end if they go to sleep, and they will not have any of that! Soon enough they will grow out of that stage and then it is time to start teaching them important sleep habits that they will carry with them the rest of their life.

Some kids work best if you are just flat out honest with them. Some need things to be sugar coated and sometimes need a story to help them understand. Either way, the main key is to

teach by example. You want to start your kids on a routine, such as: before going to bed, you brush your teeth, brush your hair, go to the bathroom, and then go to bed. The routine may be different for each parent, but sticking to the same routine every night will help your child develop good bedtime habits. You should do these things with your child, so they don't feel as though they have been given a chore before bed. Brush your teeth with them. Brush your hair or their hair. If you create an interactive routine, your child is more likely to follow suite without complaint.

Most kids do not want to go to sleep. You can try explaining why sleep is necessary. A good way to explain to your child the reason they need to sleep is (<http://kidshealth.org>): "The average kid has a busy day. There's school, taking care of your pets, running around with friends, going to sports practice or other activities, and doing your homework. Phew! It's tiring just listing all the things you do. By the end of the day, your body needs a break. Sleep allows your body to rest for the next day so you can play all over again.

Everything that's alive needs sleep to survive. Even your dog or cat curls up for naps. Animals sleep for the same reason you do - to give your body a tiny vacation. We all like vacations don't we. You also get to dream lots of wonderful things that you can't see in real life.

Not only is sleep necessary for your body, it's important for your brain, too. Though no one is exactly sure what work the brain does when you're asleep, some people think that the brain sorts through and stores information, and solves problems while you snooze. Imagine that, your brain makes you smarter when you sleep. You are going to be the smartest kid in your class if you go to bed every night!"

If you just talk to you child and set up a routine that is done every night at the same time. Your child will easily develop the proper sleep habits that will carry on into their adult life. This is a very important time in a child's life. They are molded into the people they will become. You can help mold that person by teaching them good habits early. Sleep habits are important for the health of your child.

## **How to Develop Your Own Nighttime Routines to Get to Sleep**

The transition from daytime to nighttime sleep is made easier by developing a routine and sticking to it. A routine is defined as, "A prescribed, detailed course of action to be followed regularly; a standard procedure." In order to improve upon your ability to have a restful night's sleep do the same activities night after night before going to bed. This pattern will help quiet and calm both the body and mind and prepare it for sleep.

Knowing what to expect is comforting to most individuals and routine fulfills this need. Bedtime needs to be a time for quiet as it is the "winding down" period of the day. Suggestions for routine activities to do just before bedtime include listening to soothing music, taking a bath, doing some light stretches, doing some deep breathing exercises, meditating, or reading a book (just not in bed and preferably not a murder mystery!)

Falling asleep comes easily for some people but not so easily for others. Sleep techniques need to be taken into consideration if one has trouble getting to, or staying, asleep. Developing a routine with bedtime and wake up time is the way to go to enhance sleep. Learn to do both at approximately the same time every day. A schedule is an excellent way to set your biological clock and sticking to the one you put in motion will make your day run smoother and improve your sleep habits.

If you smoke, think about quitting. Smoking is harmful in so many ways and it hinders sleep. Nicotine is the main ingredient in cigarettes and it is a stimulant. Research has proven that people who smoke a lot don't spend enough time in deep sleep plus they awake more frequently during the night. Limit your consumption of alcohol before bedtime or better yet don't drink before going to sleep, as it can be disruptive to sleep patterns.

Stop drinking or eating anything with caffeine in it (for example coffee, tea, soda or chocolate) anywhere from four to six hours before turning in for the night. Certain over-the-counter medications such as pain relief medication (for example, Anacin and Excedrin) have a fair share of caffeine in them. Keep that in mind if a headache creeps up on you shortly before bedtime.

Never overeat before going to bed, nor go to bed on a completely empty stomach. Routines revolving around eating habits are important to establish. Eating a full meal before bedtime is not easy for the body to digest if it is high in fat content. As well an empty, growling stomach will not allow for a fitful sleep. If you have gone without eating anything for a span of at least five hours, a good suggestion for a bedtime snack is a glass of milk, a bran muffin, yogurt, a cup of herbal tea or a banana.

Exercising on a regular basis is an excellent routine to develop and one of the benefits reaped from it is enhanced sleep. And the exercise doesn't have to be strenuous- light to moderate physical activity can work wonders. Consider taking daily walks or practicing yoga. Sleep experts recommend thirty minutes of exercise approximately three to four times a week. That is flexible enough for most people to fit into their busy schedules. Exercise not only can make the quality of sleep better but also deeper and it is excellent for relieving stresses of both the physical and mental kind.

Speaking of stress it is wise to find positive outlets to manage stress and stress related problems such as anxiety, phobias and depression. Take time for yourself and learn to relax. Consider positive self-talk, relaxation therapy, deep breathing exercises or meditation. And remember that fun can be relaxing too!

A bedroom should not be as warm as a sauna. Always make sure the temperature in your bedroom is on the cool side, preferably in the mid sixties. Pay attention to the other details of your bedroom as well, i.e. the placement of furniture, the lighting and your mattress. A mattress that is too hard or too soft will not allow for a good night's sleep at all. A proper mattress needs to provide both its support to the sleeper as well as comfort. If yours doesn't do both then it's time to invest in a new one.

## **Overcheduled and Under Slept – It's Time to Reprioritize!**

In today's fast paced world, full of responsibilities, pressures, and worries there seems to always be a demand on our time. Running at this pace for prolonged periods of time eventually catches up and causes emotional, physical, and mental stress. Over scheduling takes place when we have our children in every sports activity, every theatrical production, every art class, etc...Being busy and never slowing down has become the equivalent of being happy, or a good mom, or whatever it is that we achieve to be.

We have deadlines to meet, bills to pay, and our daily life responsibilities end up higher on the priority list. We need to take time to sleep and rest. Sleep is a great healer of physical and emotional stress. Naps are okay. Humans need sleep.

Being overly tired makes us irritable, clumsy, and slow. Studies have shown that people who sleep less than six hours a night are at a higher risk of sleep-related motor vehicle crashes. Sleep loss amplifies the effects of chronic illness as well as mood disorders. Insomnia leads to depression and vice versa. Conditions such as obesity, high blood pressure, and diabetes are harder to control when sleep is insufficient.

If you are a workaholic, you are affecting the lives of your friends, family, and possibly the quality of your work.

If you find yourself trying to do too much at once, it is time to reprioritize. Write down what you need to the next day before bedtime. This might help you go to sleep faster. A plan for your day may also rid you of anxiety about the multiple demands on your time. First, prioritize your goals, plan your day, and try to stay focused on the key tasks you need to do for that day.

What is important is making sure that the number of hours of sleep you get is the right amount for you as well as making the most of your waking hours. If you are productive and getting things done during the day, that will help you get the sleep you need and you will sleep better without the guilt and anxiety.

Getting enough sleep is important not only for your physical and mental well-being, but also is helpful to keep your creative juices flowing. Not enough sleep can make you stressed, sad, angry and tired during the day. Health experts agree that sleep is as essential to your health as food and water.

The lack of sleep makes it harder to remember, learn, concentrate, and make good decisions. It also lowers your productivity and your ability to deal with stress. Safety issues are also of concern when drivers are not operating at maximum potential. Drowsy drivers significantly contribute to car accident statistics and need to take breaks at least every two hours.

### **Here are some tips on reducing your sleep debt:**

Lower your bedroom temperature. A cooler environment means better sleep. Darken your bedroom with shades and curtains. Avoid caffeine less than five hours before bedtime. Don't activate your brain by doing stressful activities like watching a scary movie, reading a thriller, or balancing your checkbook.

Make time for sleep. Get an adequate amount of sleep each night. Identify the amount of sleep needed to be fully alert all day, and get that amount every night. Establish a regular sleep schedule. This involves going to bed at the same time every night, and waking up at the same time every morning, including weekends, without an alarm clock. Get continuous sleep. For sleep to be rejuvenating, it needs to be the required amount in one continuous block of time. Make up for lost sleep. One should pay back their sleep debt in a timely fashion by making up for any lost sleep as soon as possible.

To restore a regular sleep-wake schedule and increase the likelihood of falling asleep soon after going to bed, do the following:

- Set a consistent wake up time that does not change, not even on weekends or holidays. Resist the urge to stay in bed longer to catch up on sleep. A consistent wake-up time will eventually reset your internal sleep-wake cycle and improve your sleep.
- Do not nap. Napping during the day increases the chances that you will have difficulty falling asleep.
- Restrict your time spent in bed to the amount of time that you actually sleep. This is the most difficult advice for people with insomnia to follow, but delaying your time to bed until you are experiencing mild sleep deprivation promotes falling asleep faster. You are getting the same amount of sleep as before, just consolidated into one period of sleep.

For example, if you find that you generally get only about 6 hours of sleep a night, then don't go to bed until 6 hours before your wake up time (always give yourself at least 5 hours in bed each night). After a few nights of sleeping well on this schedule, gradually make your time to bed earlier until you are getting a full nights sleep.

### **Quality Over Quantity – What This Means for a Good Night's Sleep**

Everyone has probably heard that humorous sex reference in regards to quality over quantity. However, what about when it pertains to a good night's sleep? For most people, how restful you feel after a night's sleep defines how your demeanor will be for that day.

Every person's sleep patterns differ, so one person might need eight to ten hours of continuous sleep to feel rested while another person might only need about six hours. Your quality of sleep is what really counts in the game of life. You might say that you get eight to ten hours of sleep, but that quantity does not account for much if the quality of that sleep was not good.

We all need sleep in order to function. It is a necessity of life, like breathing and eating. When you feel rested, thanks to a good night's sleep, you probably feel like you could tackle anything that came your way. But if your night was interrupted by outside factors resulting in a restless sleep, chances are that you might feel irritable and not quite focused the next day.

Every person, from babies to adults, has varying levels of sleep requirements. Babies and toddlers need a lot of sleep and tend to sleep for up to half of a day, counting nighttime and naps. The sleep requirement lessens as we get older. But what constitutes “enough sleep?” “Enough sleep” translates to the amount of sleep you need in order to not feel drowsy the next day. It is thought that more than half the world’s population experiences some type of sleep problem at least once a week. Hectic lifestyles and stress are the biggest culprits that can be blamed. These sleeping problems can also be called insomnia.

If you are not waking up feeling refreshed and ready to start your day, it is time to take a look at your sleeping habits. You may be getting the quantity of sleep you need, but the quality is what gets you dragging. Ask your spouse or significant other that shares a bedroom with you about your sleep habits.

Chances are that they could tell you if you snore, talk in your sleep, sleepwalk or have restless legs syndrome or some other related condition. In other words, you might not be aware of these restful sleep hindrances, but the ones who share your room and bed would definitely know because you may be interrupting their sleep too!

Other culprits that can interfere with the quality of sleep you receive have to do with your various habits or routine you have every night in preparation for bed. You may be sabotaging your sleep without even realizing it. The most common offenders that inhibit a good, restful sleep are:

- Caffeine and alcohol
- Late night “empty calorie” or sugary snacks
- Certain medications
- Watching too much television before bedtime

Caffeine is a stimulant and takes time to break down in your body therefore keeping you up at night. Alcohol is a depressant and while it might conk you out right away, within a few hours you will either wake up or not be able to reach the deep sleep stage where you get the majority of your restful sleep.

The sugary snacks, medications and television viewing are contributing factors to stimulating your brain, keeping you from falling asleep. There are some things you can do to fall asleep at night. It is all a matter of creating a bedtime routine and sticking to it.

Try some of these tips and see if you can fall asleep and stay sleep:

- Soak in a hot tub or shower
- Exercise every day
- Turn off the television and pick up a book to wind down and relax
- Don’t consume any liquids at least two to three hours before bed

Soaking in a hot tub or shower will allow your body to cool off naturally, kicking in your urge to go to sleep. Exercise is healthy and reading a book allows your body to relax slowly, something you might need in order to fall asleep. And by not drinking anything a few hours before bedtime, you are less likely to have to go to the bathroom in the middle of the night.

Establishing healthy bedtime routines will help you in your quest for that quality of sleep you need to get through your day. Remember, quantity doesn't count in sleep. It's the quality or amount of rest that you obtain from a night's sleep that is the most important.

## **Relaxation Tips to Get You Asleep**

Chill out. Relax. Does anyone ever tell you this as a way to get to sleep? Better said than done! If you have problems sleeping, you probably have tried practically anything and everything to catch a restful snooze. The thing of it is you may not know how to relax properly. Oh, you along with many others may think you do, but relaxation is almost an art form, something that you have to really concentrate on to get right. And because everyone has their own styles, tastes and interests, one relaxation technique may work for one person but not you.

First of all, let's talk a little about what relaxation tips might do for you, generally speaking. Sleep might come more quickly if you are relaxed. And when you sleep, your mood improves and your energy level is higher. You have more patience and humor. Stress and tension factors ease up thanks to relaxation techniques that help you sleep. Getting that good night's sleep is the linchpin that really holds all facets of your life together. Why not try and give some relaxation tips another try?

As mentioned before, relaxing means different things to different people. You may wind down by watching a good movie on television while another person goes for a run. A cup of herbal tea or soaking in a hot tub can also be relaxing to the right person. However, the relaxation tips we are going to talk about today go even deeper.

They will help you in a physiological sense and go straight to the deeper issues of anxiety and stress. The following relaxation tips and techniques require focus and active participation in order to help resolve those factors that hinder sleep.

Picturing yourself somewhere else is one relaxation technique and is also known as visual imagery. Think about the most peaceful, calming scene you can think of. It could be a visualization of ocean waves lapping at the beach sand or flying a kite on a beautiful sunny day in a wildflower meadow.

No matter what it is, you just have to focus on that particular scene and displace yourself from the worries and stress that is in your life. Add details to this scene and imagine feeling the warmth of the sun or breathing in the salty ocean air. The more you focus on this scene and imagine all the little details, the more likely that tension you are harboring in your body will release.

Deep and controlled breathing is another strategy that could possibly be relaxing to you. This breathing technique is often effective for the simple reason that you are focusing on your breathing, something that is normally an involuntary reflex. You start by taking a deep breath slowly through your nose for three to five seconds, then exhaling through your mouth for another three to five seconds.

Continue repeating this breathing exercise while at the same time visualizing that the tension is slowly leaking out of your body, much like the air escaping from a balloon. Many people say that by focusing on their breathing, they are making a more conscious effort to take in oxygen into their bodies, which has a light rejuvenating effect.

The muscles in your body contribute greatly to stress and therefore affect your sleeping habits. A muscle relaxation technique utilizes not only the muscles in your body but also some of the breathing tips listed in the above paragraph. As you breathe in for the three to five seconds, start by contracting a muscle group in one part of your body.

Beginning from your head and neck on down your body is a good plan. When you exhale, you release the muscle group you were contracting. You repeat this technique as many times as necessary going through facial muscles to the neck to the shoulders and back and even all the way to your pinkie toes.

As with all things, if it is something you want to do well and be worth your while, you are going to have to practice. The same philosophy applies to these relaxation techniques. They may not work the first, second or even third time you try them. But if you stick to it, one of them just may prove to be a winner in helping you relax so that you can fall asleep.

## **Your Mattress is Giving You a Message – Get a New One and Watch Your Sleeping Increase**

“The Princess and the Pea” is a well-known fairy tale about how a princess could feel that pea under a mattress that hindered her sleep. What is it about your mattress that might be keeping you up at night? Do you have any ideas? Everyone is under stress or numerous life changes and that might inhibit your sleep patterns.

Only time will help those causes of sleeplessness. However, what if your sleep problem stems from your mattress? Do you have any ideas on how to go shopping for a new one? Do you know what to look for? Grab a pillow, hunker down and read on about some tips that can steer you in the right mattress direction.

**Tip #1** – When you share your bed with a spouse or significant other, do not go mattress shopping without them. Both of you must feel comfortable with the mattress choice.

**Tip #2** – Do your research into which manufacturers are the best in the mattress industry. Read user comments from different opinion websites and see which names come up consistently in the mattress race. When you narrow your choices to a select few, determine

which retailers sell that mattress line. Don't fall for cheap prices from a furniture warehouse. Your best bet will be an actual retail store that only sells mattresses.

**Tip #3** – Determine the size of bed you want. There are several sizes from the California king, which is a little longer than a traditional king size bed, to the twin bed, usually for kids. Queen and full or double size beds are also options.

**Tip #4** – Back support and comfort levels are important in choosing a mattress. Do you want a firm mattress or a soft mattress? Remember, a firm mattress does not always “feel” hard. It is all in the construction of the mattress. It is also important to note that the more padding and coils you have in the mattress, the higher the quality and support it offers you.

**Tip #5** – Take your time and test each mattress you are interested in. Do not buy a mattress the first day you go shopping. Take a test drive, so to speak. Visit several places and determine which mattresses are the most comfortable for you. Wait a few days, then go back and visit each place again. Each day is different, so your sense of comfort levels may change slightly from day to day. If you can choose the same mattress after different days of shopping, chances are that you may have found the mattress that would best suit your needs.

Remember; take the “test drive.” Don't just sit on the mattress and say, “Gee that feels good/bad.” Wear clothing that is comfortable. Lay down on the bed for a while, using different positions.

**Tip #6** – Each mattress comes with different tops. Pillow tops, memory foam inserts, extra thick and cushy mattress covers ... there are a multitude of options to choose from. Be sure to test mattresses with these various tops when making your mattress selection. Test driving a mattress with a pillow top will have a totally different feel than one with just a cushioned top or a memory foam pad.

**Tip #7** – The price tag and warranty should also be factors in your selection. However, do not make it a price-only issue. Remember, it is better to spend a little extra money now for your comfort for years to come rather than needing to buy another mattress because a cheap one conks out on you in half the time. When purchasing your mattress, make sure that the mattress tag is on your bed. Do not remove it. You must have that tag in order for any warranties to remain valid. Read the fine print on warranty information. Each mattress comes with different stipulations.

The above suggestions are a good primer for choosing a mattress. However, do not discount other mattress alternatives too. Waterbeds are a favorite for many sleepers. There are some that are free flotation and others have strong tubes of water that are covered by a sturdy, thick pillow top to give sleepers the illusion of a waterbed, but also the support of a regular mattress.

There are also airbeds where you can adjust the air levels on each side of the mattress. Memory foam that contours to the shape of your body is another choice. Determining what you think you want first, then test driving the different mattresses, will give you a great basis for finding the mattress that best suits your sleeping needs.

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