

The Biggest Lies, Myths, and Deceptions about Sleep.

*“Learn about a Secret Discovered by a 17th Century Astronomer
And How You Can Use it To Create Energizing Sleep, Skyrocket
Your Energy Levels, and Propel You to Better Health and
Greater Success Than You Ever Thought Possible”*



Copyright © NaturalSleepSecrets.com

Please pass this special report on to your friends and family - especially if you know someone who is a regular user of sleep medication or suffers from sleep irregularities and energy deficits. This report may be distributed freely as long as it is not modified in any way.

Dear reader,

This short report came to life after I made some dramatic changes in my life, and I know you will be able to do the same.

This is not just about conquering sleep problems. It's about creating more from less. And it's about your success, your motivation, your health, your joy, and well-being.

What I mean with this will become clear to you as you read this report.

Follow along with me as I tell you a little story...(it's really about you)

I used to be very focused on achieving certain goals in my life. I somehow knew I wasn't taking proper care of my health and as you may know, I didn't exactly sleep like a baby at the time.

I chose to ignore my body's warnings, I would keep telling myself that I'd change my ways just as soon as I would make that all-important breakthrough.

But success kept eluding me. Every time I thought I was almost there, I lacked that extra something that would take me all the way.

It wasn't until I realized that it was my lack of joy, energy, and well-being that was keeping me from making my dreams come true that everything finally started to fall into place.

It seems almost ridiculous to me today that I was so blind to the fact that I got the whole thing backwards.

First things first. It's a simple, yet so amazingly powerful rule to live by. Your basic needs must be filled before you can achieve true success in other areas of your life.

The Big Picture

25% of the population suffers from sleep problems to at least some extent. And it's only getting worse.

In the course of the last century or so we have brought a most unwelcome intrusion on the natural human sleep system. And it's causing more than poor sleep..

You'll find that this is (one of the reasons) why so many people are suffering from lack of energy, insomnia, and a variety of common diseases and health problems.

Yes, "wrong" sleep is responsible not only for daytime drowsiness and irritability, but also for serious health problems and sleep is strongly correlated with your immune system - if you don't sleep well, your immune system is much less effective fighting disease. You have less energy, less motivation, and you are more likely to be irritable, etc.

In reality, your whole system is out of balance. Sleep is one of the most basic human functions, and the consequences of an imbalanced sleep system are severe.

The good news is that the "right sleep" is easy to achieve. You can get your sleep system back into the natural state where your sleep will become energizing and beneficial rather than have just the opposite effect.

But most of us don't know the real root of the problem, and in turn we try to better ourselves in all the wrong ways. In fact, there are so many things we do that we think are good for us, but in reality we're just feeding the monster.

It's really no mystery why you and millions of people around the globe experience a variety of symptoms - health issues and sleep problems and a constant lack of energy.

It's really no wonder we've had to resort to pills and medications of all sorts in order to lead what only can be called a semi-normal life.

Most of us make some very typical and common mistakes that disrupt our sleep and leaves us feeling less energized and fatigued throughout the day.

And here's what you should know:

It's not a disease!

Most people wouldn't hesitate to characterize a condition such as for instance insomnia as a disease. Similarly, people who experience a lack of energy during the day are also likely to think that they are suffering from a disorder or a disease of some kind.

A disorder that requires treatment such as any other disorder or disease.
Right?

Wrong!

We live in a very drug-oriented society and we're quick to look to pills and medication for relief for almost any symptoms or irregularities that we experience.

However, the reality is, often we are merely experiencing symptoms, that should be approached by treating the underlying causes.

Taking sleeping pills for instance – won't attack the problem at its root -- it will simply provide temporary and very questionable relief for these immediate symptoms, the inability to fall asleep.

The fact is that this inability to fall asleep is the result of a variety of things that you do that you shouldn't be doing, or things that you don't do but should be doing.

But it's not just about the inability to fall asleep; it's just as much about keeping your natural, biological inner body rhythm in balance.

The very same inner clock that is responsible for your health, wellbeing, sleep, and much more...

And here's what you absolutely must know: I'm not telling you to get MORE sleep. And I'll tell you why you need to stop thinking of sleep only in terms of quantity.

The Eight-hour Sleep Myth

Most insomniacs and people who have problems with daily energy levels fear that a lack of sleep will impair daytime functioning.

You too are likely to be influenced by the media hype and sleep researchers telling you that everybody needs eight hours of sleep to function during the day.

This is not true!

Yet most insomniacs and people who suffer from lack of energy during the day share a very common belief:

"If I don't sleep for eight hours or more I won't be able to function tomorrow".

Consider this:

- A University of California study has shown that sleeping 8 hours or longer is linked to a higher mortality rate. In fact, people who sleep between 6.5 – 7.5 hours outlive people who sleep 8 hours or longer! Yes, people who sleep less live longer.

This does not necessarily mean that cutting down on sleep will lengthen your lifespan, as the numbers reflect an average. But the logical consequence of a damaged sleep system is to spend more time asleep, which in any case is not healthy.

Let me try and explain that better:

I used to sleep 8-9 hours (or at least that was the amount of time I would spend in bed). I discovered that because I had damaged my sleep system I was extracting less energy from my sleep – and by finally learning the workings of my biological sleep system I was able to optimize my sleep system. This means that I would now extract more energy, more quality sleep from a certain number of hours asleep.

In fact, I would now start to spend less time asleep because I was now getting more energy from my sleep.

In other words, my sleep had become more rejuvenating than it was before.

I now only spend 6.5-7 hours in bed every night. I have literally added 1.5 hour to my day, and roughly speaking, that is the same number of hours that I sleep, I don't lie awake as I used to. And I'm feeling energetic, and I get things done. I feel more joy, I feel healthier – I reach my goals, and new goals I set seem within reach.

So, what I'm trying to tell you here: No one can tell you how much sleep you need, in fact it is very likely that you have unrealistic beliefs about how much sleep you need to function during the day.

There are many examples of people who sleep four, five or six hours per night and yet are perfectly capable of maintaining high performance levels during the day. Studies of transatlantic yacht racers, who intentionally limit their sleep to as little as possible, have shown that their performance is not impaired.

In fact, studies have shown that those sailors who average just around five and a half hours of sleep perform the best.

This doesn't mean that you should just start to sleep 5.5 per night and everything will turn around for you. Absolutely not! In fact without optimizing your sleep system first, I would not advise that you do that.

You may be thinking, if I sleep for only 5-6 hours, I know for a fact that I will be absolutely wasted the next day..

While that may be perfectly true, the reason is most likely the fact that you're getting too much "wrong" sleep..

It may not be because you didn't get enough sleep, it may simply be because your body wouldn't allow you to get enough "right sleep"

You see, it isn't really about how long you sleep. It's really all about the quality of your sleep. It's about optimizing your body clock for optimal "energy extraction" -- sounds a bit dramatic, but I assure you, it's 100% pain-free and natural ☺

So, the burning question, "how can I get more sleep," should really be: "how can I raise the quality of my sleep?" - How can I extract more value, more energy from the same number of hours asleep.

Well, raising the quality of your sleep is most definitely possible, you can control the inner processes that control your sleep..

When you are asleep you cycle through five different stages of sleep. During the most critical stage of your sleep (known as slow wave sleep) your body rejuvenates itself by flowing blood to the muscles to replenish them.

But most people engage in daily activities that suppress this critical stage of sleep.

The result: you wake up with less energy than nature intended. But this vicious circle can be reversed - And it CAN and SHOULD only be done completely natural and drug-free.

The truth is ill-heard...

As you probably realize, the sleep medication industry is big business, and as you can imagine, the truth is ill-heard by companies that thrive as long as you have a problem.

Pharmaceutical companies don't want you to look at your problem as a symptom that is caused by behavior. If there was a way you could cure insomnia naturally and derive more energy from your sleep, without having to resort to the latest sleep drug of the month, it would indeed be very bad for business. So don't expect any TV commercials for that sort of thing anytime soon ☺

It's frightening, but it is the honest-to-God truth!

Through my studies of sleep I have come across a number of issues that I find deeply disturbing. Many of the sources that we trust when it comes to our health may not be as independent as we could have hoped for.

The big question is, do pharmaceutical companies really WANT to cure us?

There's no doubt that sleeping pills are good for profits, but they're not quite as lucrative for your health and well-being.

In fact,

- Studies have shown that sleeping pills are linked to a higher mortality rate. Statistically, people who take sleeping pills die sooner than people who do not use them. Yes, this is a scary reality.

These findings were really what set me on a very determined path to find information that would be completely unbiased. I wanted the truth, I wanted to learn how I could turn my situation around without putting my health at risk.

So, I decided to take an entirely new direction. It decided to start at the very beginning, I needed to dig deeper.

This was a little more than 3 years ago.

And indeed this turned out to be a road paved with misinformation.

I scoured the local library for months and studied everything I could get my hands in the area of natural health.

I was just about to give up when I stumbled upon something that would have such a dramatic impact on my life. I would have never thought that the discovery of an astronomer and mathematician who lived in Paris in the 1720s going by the common name Jean Jacques Dortous Mairan set me on a path that would prove to have such a dramatic impact on my life. I learned that he in fact discovered what we today refer to as the inner sleep clock.

And this was almost 300 years ago!

I had a strong feeling I was on to something, my discovery spurred me to move on, and through months of painstaking research I connected the dots and continued to unearth vital information. I started out just wanting to find a cure for my insomnia, and I ended up with a plan that would turn my life around on so many levels I can hardly believe it.

The Circadian rhythm - your fundamental biological pulse

Did you know that even ancient civilizations recognized the importance of body time?

And today, scientists are only just starting to rediscover its importance to our health, well-being, and to our sleep and daily functioning.

But most of us pay more attention to our wrist watch than the biological clock that was acquired in the womb. The watch on your wrist may tell you when it's time for that important meeting, or when you have to pick up the kids from daycare, -- but unlike your body clock, it is not aligned with what chronobiologists call "planetary time" (chronobiology is a new concept, it's the latest frontier in biological research.)

Did you know that most doctors don't even know the importance of your inner body clock?

Did you know that your body clock has a direct impact on asthma, diabetes, headaches, arthritis, and a wide array of common diseases?

Not to mention: your body weight!

Did you know that a study conducted at Stanford University concluded that the biological clocks of football players were better predictors of football games than the Las Vegas point spread?

Chances are you are not a pro footballer, but if you're like most people, you have personal goals that you want to reach.

Although Jean Jacques Dortous Mairan officially discovered the inner body clock, this biological system that governs our sleep has been recognized across cultures for thousands of years, even in ancient Chinese medicine.

Taking into consideration what you have learned in this report, we can probably agree that this fundamental biological human function is simply too important to overlook. And don't forget the fact that not only being healthy, but also feeling well and healthy will have a dramatic impact on your life on so many levels. Sure, success means different things to different people, but I'm sure you will agree with me on this: Whatever it is you want to achieve in your life, having more energy, experiencing greater joy and feeling more motivated might just lead you to new levels of success in other areas of life.

We're all looking to attract wealth in our lives. Maybe you want to make more money, get a more meaningful job, find your soul mate, or something entirely different. I really have no way of knowing, but just as myself I know you want to lead an abundantly rich life. And whatever your aspirations are don't let them overshadow your basic health and well-being.

I hope you will take the information I have shared with you today to heart, and don't spend years of your life making the same mistakes I did. I hope you enjoyed it and that it has been enlightening for you. If so, please consider sharing it with someone you care about.

I'd like to finish off with a small pitch for my book which you can download right away at my website. I really don't want you to order it unless you are

completely satisfied, so if you do choose to pick up your copy today you should know that it is fully backed by my unconditional 60 day money back guarantee. You've got nothing to lose. You can order it by [clicking here](#) and you'll be on the right path in literally minutes from now 😊

All the best,

Martin Brock



Copyright © NaturalSleepSecrets.com