



Sleep Better

Michael Reed Gach

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Over 60 million Americans each year suffer from insomnia, which can lead to serious sleep deficits and health problems. This self-healing program relieves insomnia by counteracting the stress that accumulates in the upper back, shoulder, and neck area. On Sleep Better, Michael Reed Gach's soothing voice guides listeners into a good night's sleep by using simple techniques that combine gentle stretching, self-acupressure, eye movements, and deep breathing exercises.

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