



# Natural Sleep Solutions for Insomnia : The Science of Sleep, Dreaming, and Nature` Sleep Remedies

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Getting to sleep is not always as simple as it sounds. Getting good quality sleep can be even harder. Here the emerging science of sleep and dreaming is unveiled in clear terms, revealing surprising information about how much sleep we need, what kind of sleep we need, and how we can calculate our sleep needs. We discover our biological clocks: how they are set and reset, and how they affect our hormones, neurotransmitters and sleep cycles. The latest dream research is also explored, revealing the mysterious realm of REM-stage dreaming and lucid dreaming. Learning to remember, steer, and take control of our dreams and sleep cycles is accomplished with a refreshing science-based understanding of dreamscapes and nightmares. In Natural Sleep we also find a complete scientific resource for hundreds of ancient and modern natural cures for sleeplessness - helping us achieve good quality sleep and productive, positive dreams.

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