



# **Incredible Sleep: Sleep Matters! Spark Intimacy, Feel Fantastic, Look Amazing, And Perform At Your Highest Caliber**

*Lantei Takona*

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Incredible Sleep is a super short and easy read. Learn the tips and tricks professionals use to boost your physique, sex life, personality, and mental performance.

Here's what you'll read about:

- Introduction: The Secrets of Sleep
- Chapter 1: Proper Preparation Prevents Piss Poor Performance
- Chapter 2: 5 Ways That Sleep Affects Relationships And Intimacy
- Chapter 3: What Clinicians Say About Missing Hours of Sleep
- Chapter 4: Having A Good Sleeping Pattern is Better Than Sleeping Longer
- Chapter 5: The Relationship Between Sleep And Exercise
- Chapter 6: Which Vitamins and Foods Promote Healthy Sleep
- Chapter 7: 7 Tips Falling Asleep When You Are Not Tired
- Chapter 8: 5 Ways To Regain Get Your Power Back On Less Sleep

**\*\*BONUS\*\*** Chapter 9: The Better You Dress, The Smarter You Become

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