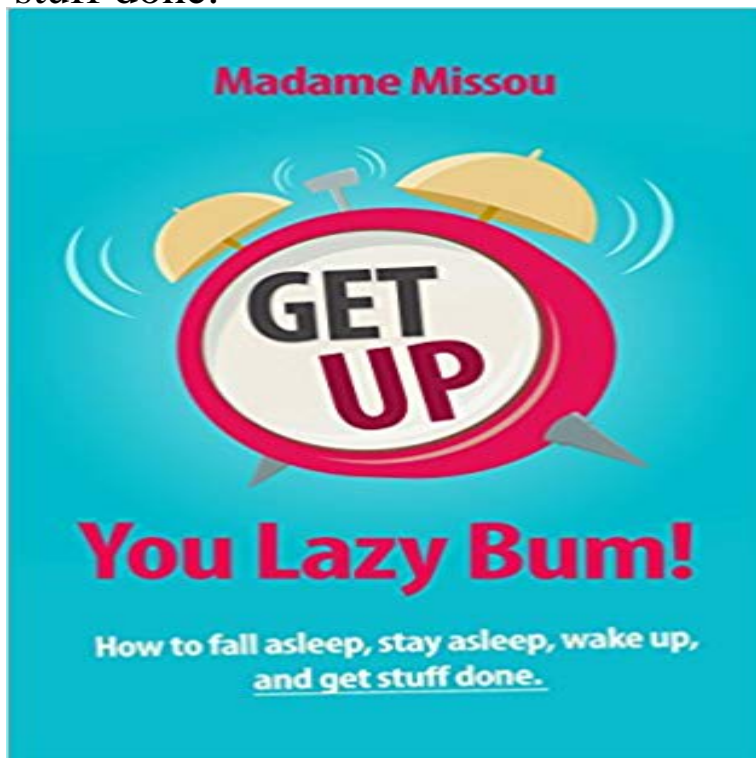


# Get Up You Lazy Bum! How to fall asleep, stay asleep, wake up, and get stuff done.



Sleep, you magic genius! No one really knows why we sleep, but everyone is sure that its very important. It regenerates, rejuvenates, helps us learn and gives us a chance to a happy life. Successful people always make sure to be well-rested in their decision-making. They name sleep as one of the most important things in their lives. But I digress What is this book about? Its about you. Its about the way you think about sleep. Do you have trouble falling asleep? Do you toss and turn every night? Are you tired when you wake up and you dont know why? Do you feel like you dont get enough sleep no matter how long you are in bed? Do you snooze every morning and feel like hell? Hurry to work? Wake up your partner every night because you snore so much? If you answered with an energetic (or probably more likely a tired and slightly agitated) YES to any of those questions, this book is for you. It gives you an overview on what might be wrong with your sleep and how to fix it. It helps you with your snoring. It helps you with your procrastination in the morning. It lets you sleep better. In short, it just helps you out and shows you a way to get things done!

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Snoree 3. Waking Up 3.1 Of Night Owls and Morning Grouches 3.2 Twenty Tips against Morning Grouches 3.2.1 The Power of Habits 3.2.2 The Snooze Button 3.2.3 Let There be Light! 3.2.4 Motivation for Morning Grouches 3.2.5 Leave REM Alone! 3.2.6 The Early Bird Sucks? 3.2.7 Talk to your Boss 3.2.8 Tricks for a Few Minutes More in Bed 3.2.9 Create and Establish Morning Rituals 3.2.10 Nothing to get out of Bed for? ... 3.3 Closing Remarks Morning Grouch to Early Riser? 4. Staying Up 4.1. Introduction 4.2. There is an Alert Mind in Your Health! 4.3. Live in Style, Dont Live In Bed 4.4. Madame Missous 20 Tips for Wakefulness and Freshness 4.5. Summary 4.6. Closing Remarks Morning Grouch to Early Riser? Book length: About 2-3 hours of reading time, 140 pages, 180.000 characters, 32.000 words

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