



Better Sleep Tonight!

Expert Webinar Interview With Dr. Jamie Wright

Your Guide: Libby Wright

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Your
Questions:



Sleep Is Not Optional!

Q: I try to get at least 5 hours of sleep a night, but sometimes, I just can't seem to get to bed. What should I do?

Q: What are some safe ways to fall asleep and stay asleep?





T or F: Lose Weight Sleeping!

*Q: Is there really a link between good sleep
and weight loss?*

*Q: I don't
need to lose
weight, why
should I
sleep?*



Tools For Sleep: 10 Pound Eliminator

- *Appecurb*
- *MultiMedica*
- *Active Complex*
- *Liquid Melatonin*





What Is Your Goal?

*Post at least 1 goal in the discussion forum of
this week's lesson!*