TROUBLE SLEEPING?

...THEN YOU NEED BLIS !

"When you take charge of your sleep, you're able to bring it on actively, deliberately, rather than passively waiting for it to come along. This new technique helps you do that."

— Allan Baker

BLIS™ is the How-To-Get-To-Sleep breakthrough you've been waiting for!

It's an easy to learn technique for everyone whose lives are impacted by broken and/or too little sleep.

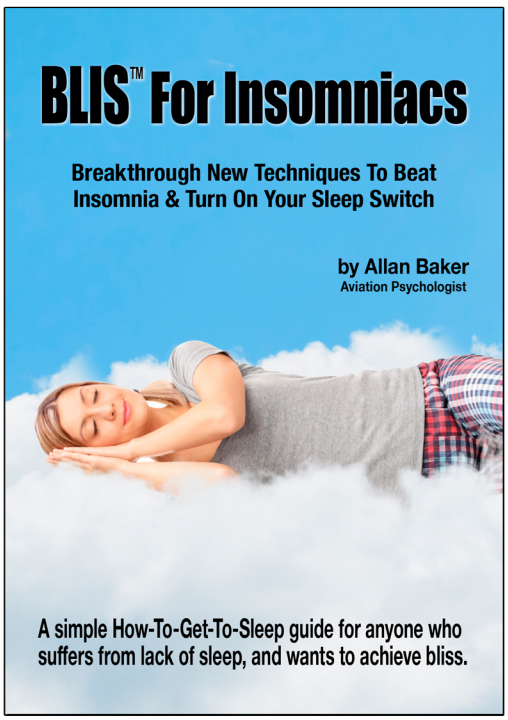
This easily readable book presents a breakthrough new technique developed by Allan Baker, an aviation psychologist with over 35 years of professional experience, that will help you to be more in control of your sleep, and will ensure you'll get more sleep when you want and need it.

Working extensively with commercial pilots who often have sleep related problems, Allan has considerable experience in the psychology of sleep. In recent years he's joined the dots presented in numerous scientific studies, and has made a surprising discovery that's eluded sleep researchers to-date — the fact that anyone can learn to flip their own Sleep Switch.

The Three-Legged Sleep Stool

Sleep Hygiene & Cognitive Behavioural Therapy (CBT) are widely held to be the most effective treatments for insomnia. This book proposes that these are only two legs of the three-legged Sleep Stool, and because the third leg has been missing until now, these therapies have not been effective for many people.

Using the new BLIS™ technique in addition to the other two legs of the Sleep Stool provides troubled sleepers with a solid foundation to be able to bring on sleep, as easily as flipping on a switch. You can treat getting to sleep as a skill, so that it's something you can do at will, rather than something that merely happens to you.



By Allan Baker, Aviation Psychologist

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Sample chapter available at: www.mysleepswitch.com