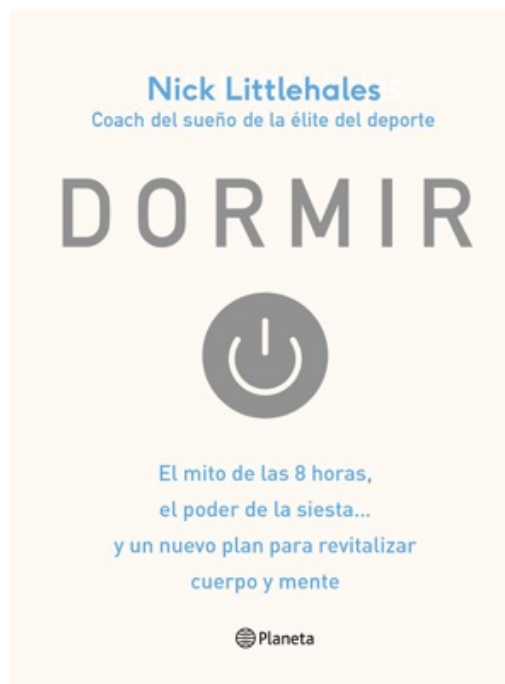


# Descargar libros gratis Dormir - Nick Littlehales QBook



¿Por qué es bueno dormir en múltiplos de 90 minutos? ¿Qué cantidad de agua podemos beber antes de ir a la cama?

Pasamos una tercera parte de nuestras vidas entre sábanas. Los que tienen suerte, durmiendo, pero muchos otros dando vueltas en la cama tratando de conciliar el sueño.

Las horas de descanso tienen un efecto directo en nuestro rendimiento. Nuestro estado de ánimo, humor, motivación y desempeño están condicionados por nuestro tiempo de reposo.

Toca poner fin al insomnio, y de ello se encarga alguien que ha pasado décadas asesorando a la élite del deporte a adaptarse a su mapa del ciclo de sueño.

<b>Title</b>	:	Dormir
<b>Author</b>	:	Nick Littlehales
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<b>File Size</b>	:	1.31MB

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