

# Sleep without



# Waking Up To Pee



**Revealed: The 5-minute action plan that will enable you to sleep without waking up to pee!**

**Finally, get the full night's sleep your body needs!**

by Kris Kemp

[SleepWithoutWakingUpToPee.com](http://SleepWithoutWakingUpToPee.com)

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**Sleep Without Waking Up To Pee**  
Discover how to sleep without waking up to pee

by Kris Kemp

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## About the Author



Kris Kemp is a writer, copywriter, health researcher, digital marketer, musician, traveler, and creative entrepreneur. His writings include 19 ebooks, 5 screenplays, 2 musicals, a novel, and hundreds of blog posts and email sequences. He specializes in lead generation and writing copy for landing pages, squeeze pages, and email marketing campaigns. Contact him at: [bicycledays@yahoo.com](mailto:bicycledays@yahoo.com)

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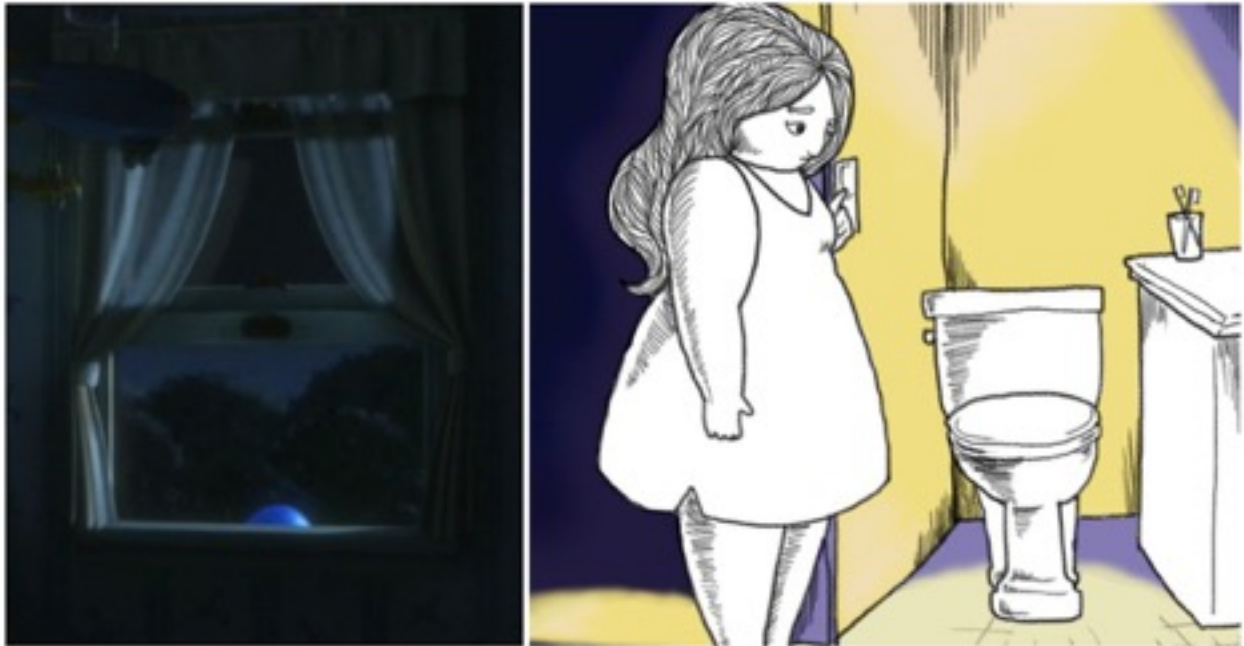
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## Introduction

If you're tired of being tired all the time, because you're waking up at 3am to pee, you're not alone. There's millions of people in the same situation as you, who are waking up in the middle of the night to relieve their bladder.

So, take comfort in the fact that you're not alone.

Also, it's not your fault.

It's not your fault that you're waking up in the middle of the night to pee. Up until this point, no one has told you a practical solution that you can use that actually works.

That's where this book comes in.

I've discovered a practical and easy-to-use solution that you can use, as soon as tonight, that will enable you to get a full night's sleep, that will enable you to sleep without waking up to pee.

In this 5-minute Action Plan, I'm going to share one powerful and effective technique you can use that will enable you to sleep without waking up to pee!

Get the full ebook: [SleepWithoutWakingUpToPee.com](http://SleepWithoutWakingUpToPee.com)





To get all 15 of my remedies that will enable you to sleep without waking up to pee, visit [www.SleepWithoutWakingUpToPee.com](http://www.SleepWithoutWakingUpToPee.com) and buy the full ebook!

Are you excited?

Are you so excited that you just peed a little in your pants!

Me, too!

No, I did not pee in my pants, but I am excited!

Remember how I mentioned that you're not alone?

For a long time, I suffered just like you, waking up in the middle of the night to pee, and then feeling tired the next day due to lack of sleep.

I discovered some simple, powerful, and effective solutions, and I'm going to share them with you.

I hope you enjoy this book, apply this technique, and get amazing results. Let me know what happens when you put this techniques to use.

Kris Kemp

Tuesday, 10am

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P.S. Be sure to visit [www.SleepWithoutWakingUpToPee.com](http://www.SleepWithoutWakingUpToPee.com) and buy the full ebook, that reveals 15 remedies you can put to use that will enable you to sleep without waking up to pee! Finally, get the full night's sleep you deserve! Restore your energy levels and reverse the aging process! [SleepWithoutWakingUpToPee.com](http://SleepWithoutWakingUpToPee.com)

## Remedy #1

Remedy #1 is simple.

Water with sea salt.

Sea salt contains some 80 minerals that are similar to the minerals found in the human body's bio-electrical water system.

### The importance of water

As the human body is comprised of 65% to 70% water, it is critical that you get adequate amounts of water into the body.

I recommend you getting your water from organic fruits and vegetables and also adding fresh-squeezed lemon and fresh-squeezed lime to your water in order to purify it from the poisons that government adds to drinking water, poisons such as chlorine and fluoride.

For more about the importance of water, visit these websites:

[watercure.com](http://watercure.com)

[watercure.org](http://watercure.org)



For my ebook about reversing the aging process and curing any disease, visit:

[30DaystoSuperPowers.com](http://30DaystoSuperPowers.com)



### **Water with Sea Salt: The Recipe**

Buy all natural sea salt. Buy the sea salt in which the only ingredient is "sea salt". I use Alessi All Natural Sea Salt. If you cannot find it in your local grocery store, order it online using this link: [Alessi Sea Salt](http://AlessiSeaSalt.com)

### **Directions**

1. Five minutes before you go to bed, mix a 1/2 cup of water with a 1/4 teaspoon of sea salt.
2. Mix it well.
3. A few minutes before you go to bed, drink a few sips, or up to a quarter cup, of the water-with-sea-salt.

**How this works**

When you drink water with sea salt, the water is being charged into a more alkaline form that enables it (the water) to enter the cells.

When you drink water without sea salt, the water often contains poisons like chlorine and fluoride. This impure form of water causes inflammation (swelling) and this is what causes one to wake up in the middle of the night needing to pee.



Discover 15 remedies you can use that will enable you to sleep without waking up to pee!

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