A lot of people suffer from lack of sleep or have trouble getting to sleep, there are nasty drugs out there that can knock you out, but honestly I wouldn't want to take any such drugs. Luckily mother nature has some plants and herbs up her sleeve to help you get some relief. If you can't sleep at night, then can't stay awake during the day - check out the link below for a list of some natural sleep aids to try...

[Natural Sleep Aids For Insomnia Relief](http://knowledgeweighsnothing.com)

Books weigh something, but the knowledge they contain doesn't; once learnt you carry that knowledge with you, wherever you go and whatever you face… [Check out the: K.W.N Recommended Book List](http://knowledgeweighsnothing.com)