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Tuesday, February 5, 2013

Getting a good sleep with FemMED

I was recently given a chance to try out a sleep improvement supplement and I have to say that I was really skeptical in the beginning. I think that was one of my main reasons for trying it out, I enjoy when things prove me wrong and I am even more happy when I made the right judgement in the first place.

So on what side were these supplements???



I have to say that the first couple of nights I noticed a bit of a difference in my quality of sleep. I spent the first couple nights never tossing or turning or getting up in the middle of the night. I also was oblivious to sweet baboo and his monstrous snoring.

The third night however, which might have been due to my youngest and his nightmares or terrors or whatever was going on, I had a pretty terrible sleep.

Then the last evening (my fourth night of testing) I was out cold and woke up really rested. As a parent I often find that I go to sleep exhausted and wake up in the same condition regardless of hours slept. I can feel like that with eight hours, four hours, or ten hours.

Overall this is a decent sleep aid, granted you have no children to disrupt your plans for a lovely nights sleep, especially since it is all natural.

If this is something that you would be interested in when it comes to a [sleep aid](#) I think that it is a really good option! Thanks again to [FemMED](#) for letting me try it out!

And don't forget that if you want to find it you can look for it in most drugs stores in Canada! So keep an eye out, give yourself a chance to wake up AWAKE for once!



Posted by [Eschelle Westwood](#) at 11:14 AM

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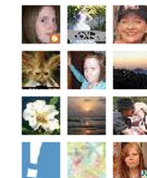
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Eschelle Westwood
aka: Eschelle

Awesome Blogger, Social Media Marketer, and mother to two rambunctious boys. I'm here practicing and preaching the art of mumfect

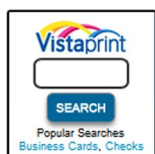
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