

体が  
の  
整  
え  
方

ぐっすり眠れる

手人がわかる

春原 孝生  
矢野 あや

誰でもカンタン!  
家にある毛布ですぐできる

ゆるめる  
睡眠術

寝る前には  
ゆるめる

寝る時もゆるめれば  
ぐっすり眠れる

寝る前・寝る時もゆるめよう!

イーストプレス

The image shows two book covers. The top cover is blue and features a cartoon illustration of a woman in striped pajamas sitting on the floor, surrounded by thought bubbles showing her in various relaxed poses. The title 'ぐっすり眠れる' (Sleep peacefully) is written vertically in large yellow characters. The author's name '春原 孝生' (Haruhara Takayoshi) and '矢野 あや' (Yano Aya) are listed. The bottom cover is yellow and features a cartoon illustration of a woman holding a blanket. The title 'ゆるめる睡眠術' (Relaxation Sleep Technique) is written in large purple characters. The author's name 'イーストプレス' (East Press) is at the bottom.

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