Why You're Having Vivid Dreams, and How Some Sleep Supplements Can Trigger Nightmares

Struggling to get a good night's rest? This might be why.

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Over 5.8 million people have been searching online to find out why they've been having strange dreams and nightmares during the coronavirus pandemic. In this video, Ben Angel shares why, breaking down how one particular sleep supplement can even trigger nightmares.

Want to become unstoppable in business and in life? Take this 60-second quiz now to find out what's really holding you back, and be sure to grab a copy of Angel's new book, *Unstoppable,* today.

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