

Isleep Easy

Leon Colburn Lack,Helen Wright,Helen Bearpark

Sleep Easy Bernice Tuffery,2021-02-15 Say goodbye to lousy sleep with this six-week, step-by-step programme to help you kick insomnia to the curb forever. Bad sleep sucks. Sleep deficiency defies our biology and sabotages our days. Yet more than a third of us struggle to get to sleep or stay asleep at night. We can shake off the odd sleepless night, but when sleep difficulties persist, things start to unravel. Sleep debt takes its toll on our mood, energy, and productivity. It affects our behaviour around food and exercise as well as eroding our immunity, even our mental and physical health. As our best efforts to help ourselves fail, or perpetuate the problem, we can feel disillusioned, disempowered and frustratingly stuck. You're not alone, and there is a way through. This six-week, step-by-step guide will help you sleep easy. Bernice Tuffery, fed up after years of compromised sleep, made it her mission to learn how to sleep well again. She'd tried early nights, warm baths, a bit of yoga and meditation, but nothing worked. Even natural supplements, over-the-counter sleep aids, melatonin, and at times sleeping pills, failed to deliver a sustainable solution. As a qualitative market researcher, she was determined to know how to sleep naturally again. She discovered a proven, natural, and very learnable way to improve chronic sleep difficulties. Cognitive Behavioural Therapy for insomnia (CBTi) is recognised internationally by sleep experts as the gold-standard treatment for insomnia. But with a lack of awareness, a severe shortage of experts offering it and virtually no public funding for treatment in New Zealand and Australia, it's hard and expensive to access. From her discussions with sleep professionals, extensive research and her lived-experience of restoring her own sleep, Bernice shares her knowledge with humour and heart. Confident that CBTi can be self-taught, she offers this practical and inspiring insiders' guide to getting a good night's sleep.

Sleep Beatrice Hollyer,Lucy Smith,2012-03-12 Many believe it is a matter of luck as to whether you are blessed with a baby who sleeps well or are landed with one who doesn't. It isn't. Beatrice Hollyer and Lucy Smith provide clear, sensible and effective advice on how to achieve peaceful, problem-free nights in Sleep - from the first days of infancy throughout childhood. Taking a cue from the baby, and working with their natural instinct, this book puts parents in charge. Avoiding conflict over sleep, this approach builds trust, communication and confidence in your relationship with your baby. Instead of a one-size fits-all approach, Hollyer and Smith offer guidelines that can be adapted for each particular parent and baby. By understanding her needs, reading and responding to her signals and following her lead, you can strongly reinforce your baby's natural tendency to adapt to sleeping all night. Although focusing on establishing good sleep habits from the start of life, the principles put forward in this book can also be used to solve a sleep problem in a child of any age, usually in less than a week.

Sleep Easy Paul Christelis,2019-09-26 This story follows the adventures of twins, Billy and Betty, as they struggle to get to sleep. Billy's mind is noisy, constantly chattering, keeping him awake. Betty finds, as soon as her eyes close, that she starts to worry about what will happen the next day at school: will her friend Helen want to play with her? And what about that spelling test! The story shows how they use mindfulness - the ability to pay attention to the present moment with curiosity - to help them fall asleep. Mindfulness practices (exercises) are integrated into each story, and expanded on in the 'Notes to Parents and Teachers' section at the end of the books.--Provided by publisher.

Sleep Smarter Now Sonny Vale,2019-05-28 Do you suffer from lack of sleep, irregular sleep or get no sleep at all? This is how you're going to revamp your sleeping patterns and seize control of your energy levels, once and for all. If you're not sleeping properly, you're not living properly. Understanding how to get the best night's sleep possible is instrumental to your health, and to your success in life. You deserve to wake up every morning feeling energized, motivated and ready to face the challenges of the new day.In Effective Guide on How to Sleep Well Everyday, I break down the importance of sleep and how dysfunctional yours has become because of today's modern day lifestyle. It's time to solve those nightly sleep disturbances so that you can be the best version of yourself during the day!In this guide you'll find out: -How much sleep you actually should be getting-What kind of sleeper you are and how it impacts your day-How to fine-tune your personal sleeping schedule-What to do when you can't sleep and desperately need to-How to create the ideal bedroom environment for sleep-Sleep misconceptions and dealing with common sleep disordersThis book is jam-packed with useful advice, tips and techniques that are all centered on better quality sleep. If that's what you're looking for, then this is the book for you.Enjoy a dreamless, comfortable, uninterrupted night's sleep when you get this guide. Tomorrow will be brighter, clearer and more focused than ever! Learn how to get the best sleep possible with this guide. Get it now, and get some rest!This Book Covers: - Sleep Smarter Now - sleep smarter - sleep hacker - sleep meditation - sleep meditation - sleep hypnosis - sleep affirmations

Secrets of the Baby Whisperer Tracy Hogg,Melinda Blau,2001-06-01 “TRACY HOGG HAS GIVEN PARENTS A GREAT GIFT—the ability to develop early insight into their child’s temperament.” –Los Angeles Family When Tracy Hogg’s Secrets of the Baby Whisperer was first published, it soared onto bestseller lists across the country. Parents everywhere became “whisperers” to their newborns, amazed that they could actually communicate with their baby within weeks of their child’s birth. Tracy gave parents what for some amounted to a miracle: the ability to understand their baby’s every coo and cry so that they could tell immediately if the baby was hungry, tired, in real distress, or just in need of a little TLC. Tracy also dispelled the insidious myth that parents must go sleepless for the first year of a baby’s life—because a happy baby sleeps through the night. Now you too can benefit from Tracy’s more than twenty years’ experience. In this groundbreaking book, she shares simple, accessible programs in which you will learn: • E.A.S.Y.—how to get baby to eat, play, and sleep on a schedule that will make every member of the household’s life easier and happier. • S.L.O.W.—how to interpret what your baby is trying to tell you (so you don’t try to feed him when he really wants a nap). • How to identify which type of baby yours is—Angel, Textbook, Touchy, Spirited, or Grumpy—and then learn the best way to interact with that type. • Tracy’s Three Day Magic—how to change any and all bad habits (yours and the baby’s) in just three days. At the heart of Tracy’s simple but profound message: treat the baby as you would like to be treated yourself. Reassuring, down-to-earth, and often flying in the face of conventional wisdom, Secrets of the Baby Whisperer promises parents not only a healthier, happier baby but a more relaxed and happy household as well.

The Sleep Revolution Arianna Huffington,2017-04-04 Co-founder and editor in chief of The Huffington Post Arianna Huffington shows how our cultural dismissal of sleep as time wasted compromises our health and our decision-making and undermines our work lives, our personal lives--and even our sex lives in this New York Times bestseller. We are in the midst of a sleep deprivation crisis, with profound consequences to our health, our job performance, our relationships and our happiness. What we need is nothing short of a sleep revolution: only by renewing our relationship with sleep can we take back control of our lives. In The Sleep Revolution, Arianna explores all the latest science on what exactly is going on while we sleep and dream. She takes on the sleeping pill industry, and all the ways our addiction to technology disrupts our sleep. She also offers a range of recommendations and tips from leading scientists on how we can get better and more restorative sleep, and harness its incredible power. The result is a sweeping, scientifically rigorous, and deeply personal exploration of sleep from all angles, from the history of sleep, to the role of dreams in our lives, to the consequences of sleep deprivation, and the new golden age of sleep science that reveals the vital role sleep plays in our every waking moment and every aspect of our health--from weight gain, diabetes, and heart disease to cancer and Alzheimer’s. In today's fast-paced, always-connected, perpetually-harried and sleep-deprived world, our need for a good night’s sleep is more important--and elusive--than ever. The Sleep

Revolution both sounds the alarm on our worldwide sleep crisis and provides a detailed road map to the great sleep awakening that can help transform our lives, our communities, and our world.

Hacking Sleep Apnea - 6th Edition - 18 Strategies to Breathe and Sleep Easy Again Brady Nelson, Brady Nelson Rrt, 2018-06-30 6th Edition Update: Includes Over 100 CPAP Comfort Hacks. Sleep Apnea Could Be Killing You... Sleep Apnea is widely prevalent, affecting 1 in 15 people. As well, it is VERY often either left poorly treated, or not at all. When either happens, a cascade of other diseases frequently exists. These diseases, (High Blood Pressure, Diabetes, Strokes, and so many more) are often treated symptomatically without treating the actual cause. Sleep apnea can be the reason for so many of these diseases. The amount of treatment options is extensive, with only a select few that lead the way. Some suggest CPAP, some suggest oral appliances, and some will try everything available with little success. You've heard it all before, we need to get a quality night sleep of 6-8 hours to function optimally (about a 3rd of our lives). If you have been diagnosed with sleep apnea, you need to get treated...FAST. This is Where This Book Will Help You or a Loved One Immensely! We'll go over the EXACT treatment options available, from LEAST invasive to MOST invasive. Along the way we'll debunk the options that actually work (and the ones that are crap). We'll also cover some of the future treatments only in this sixth edition. While it is always of utmost importance to seek advice of your doctor, this book will help you in understanding some of those treatment options. As well as perhaps what to ask at your next doctor or sleep clinic visit. Do You Want To Breathe & Sleep Easy Again? Start Hacking Sleep Apnea - NOW!

Sleep Chris a Baird, 2017-05-05 Do you have a problem getting enough sleep'... or are you tossing and turning when you do sleep? Do you feel stagnant, stuck in a rut, and ready for a change? Easy Sleep Solutions is full of real-life examples, proven techniques of that have worked for thousands of people just like you. These methods are backed up countless research studies, all of which will arm you with a mindset primed for success and powerful, concrete insomnia-busting techniques. Easy-to-implement small changes and practical takeaways for immediate action. What happens if you ignore your sleep? - Learn why you aren't sleeping - How your lack of sleeping is killing you - Discover how your problem is sucking the joy out of life - The consequences of living like a sleepless zombie

Sleep Deep Karen Williamson, 2007 Citing high sleep disorder statistics, a year's worth of recommendations for obtaining a quality night's sleep challenges popular misconceptions about the effects of alternative therapies while covering such topics as stress, apnea, and feng shui. Original. 40,000 first printing.

Sleep Ace McCloud, 2015-07-26 What You Need To Know for Better Sleep, More Energy & Vibrant Health! This comprehensive book covers everything you need to know about sleep so that you can restore and refresh your body every night! Life is about doing what you love and good sleep ensures that you never miss out on the great things in life because you are too tired. Whether you work full-time or stay at home to raise your children, you need good sleep so that you have the energy necessary to thrive and prosper! There are many ways to get winning sleep every night and you can discover right now the secrets to waking up feeling rested and energized every day! If you want to improve your sleep, this is the book for you! You will first learn how much sleep your body needs for optimum functioning. Then I will walk you through easy to follow instructions that will allow you to get a great night's sleep on a regular basis so that you can live and perform at a much higher level every day! Don't let poor sleep hold you back in your life! Learn what you can do to start sleeping better tonight! Here Is A Preview Of What You'll Discover About Sleeping Better... The Biological And Physical Aspects Of Sleep How Lack Of Sleep Affects Your Body And Your Health The Most Common Sleeping Problems And Their Treatments How To Energize Your Mornings What To Do During The Day To Prepare Yourself For Sleep How To Create A Tranquil And Relaxing Sleep Sanctuary How To Establish A Pre-Bed Sleeping Routine That Actually Works What You Need To Do To Improve Your Sleeping Habits Natural Remedies That Promote Better Sleep Much, much more! What are you waiting for? If you are still reading this you are obviously motivated to get all the benefits this book has to offer. Stop thinking and take ACTION. Get Your Copy Right Now!

Sleep Ace McCloud, 2016-08-20 Have you had it with being tired all the time? Would you do almost anything for a good night's sleep? Whether you want to (1) feel more energized all day long, (2) know how to easily fall asleep, or (3) know how to get a more restful and better night's sleep, then this is the book for you! Destroy insomnia once and for all. There's no reason to spend your days in a mental fog and your nights in restless wakefulness. Learn when and how to head for bed and actually go to sleep. Use simple, straightforward instructions for getting back to sleep if you awaken in the middle of the night. You will also learn how to turn off racing thoughts and soothe your mind and body so you can fall into restful sleep. Reboot your mind and body every night. This comprehensive book covers everything you need to know about sleep so that you can restore and refresh your body every night! You will first learn how to determine how much sleep your own body needs for optimum functioning. Then I will walk you through easy to follow instructions that will allow you to get a great night's sleep on a regular basis so that you can live and perform at a much higher level every day! Sleep is far from unproductive time. Your mind and body need a certain amount of down time to repair the damage done during the previous day and to reset and replenish both mind and body to face the day to come. If I were to list the side effects from lack of sleep to the human body it would go on for several pages. That's why being able to master the art of sleeping is so important! Use a waking routine to improve your sleep. Life is about doing what you love; good sleep ensures that you never miss out on the great things in life because you will have the energy and enthusiasm to live life to the fullest. Whether you work outside full-time or work at home, you need a good night's sleep so that you have the energy necessary to thrive and prosper! Part of getting good sleep consists of what you do when you are awake. Do you get adequate light exposure to tell your body this is the time to be awake? Follow a few simple steps to help your mind and body prepare for active wakefulness and then be ready for sleep when the time comes. Ramp down before sleep. Just as you cool down your body after a period of physical exercise, so it is important to gradually dial back the various stimuli that trigger wakefulness. I have provided an easy-to-follow timeline, showing what to do as you approach bedtime. You will explore specific food and activity choices you can make to prepare your mind and your body for sleep. They are simple, and when practiced consistently, they work great. What Will You Learn About Sleep? The biological and neurological aspects of sleep. How lack of sleep affects your physical and mental health. The most common sleeping problems and their treatments. How to energize your mornings. What to do during the day to prepare yourself for sleep. You Will Also Discover: How to create a tranquil and relaxing sleep sanctuary. How to establish a night time sleeping routine the right way. The best habits for getting a great night of sleep. Natural remedies that promote better sleep. Sleep soundly and wake rested and energized. Sleep Better: Buy It Now!

Easy Sleep John J. Gnap, Nancy Flaster, 1979-08-01

Sleep Mallinckrodt Research Professor of Physics Richard Wilson, MD MS, Richard Wilson, 2017-06-10 Rest Easy-Tonight!-with This Life-Changing Book! When you open this expanded version of Sleep: No More Sleepless Nights, you'll discover a wealth of simple sleep. Inside, Richard Wilson describes the foundations of sleep and how to create a perfect sleep environment. With Richard's easy-to-understand dos and don'ts, you can create the sleep habits you've always wanted - and get the rest you deserve. When you learn to sleep easy, you'll enjoy: More energy for your daily tasks Improved health and wellness Weight loss from balanced ghrelin/leptin levels A lower risk

of diabetes (proper sleep can reduce insulin resistance) Better memory and focus for work, play, and family Increased emotional balance/control (tired people sure are cranky!) Improved immune response, fewer colds, and decreased allergic reactions Better reaction times on the road (driving tired can be as dangerous as driving drunk!) ... and an end to insomnia! In Sleep, Richard Wilson describes common sleep disorders and the connections between stress and poor sleep. The less you sleep, the harder it is to deal with stress - and the more you stress, the harder it is to sleep! With Richard's potent and easy-to-understand sleep hacks, you can understand your sleep stages and take charge of your circadian rhythm. You'll end insomnia, snoring, stress, and anxiety with his amazing sleep cheats and positive, practical advice. Richard even explains the mysterious relationship between sleep and dreams! Don't spend another night tossing and turning -get your copy of Sleep right away. You deserve healthy and happy sleep - tonight and every night!

I Can Make You Sleep Paul McKenna, Ph.D.,2016-06-14 Would you like to sleep really well? Would you like to stop your mind racing and feel calm? Easily stop the disruption of waking during the night? Would you like to sleep when you want to? Awaken refreshed and full of energy? Then let Paul McKenna help you! We spend nearly a third of our lives asleep, but more of us are suffering from insomnia than ever before. Now Paul McKenna, Ph.D., has made a series of major scientific breakthroughs that can dramatically improve your sleep starting today. In this book, he shows you simple techniques and changes in your thinking and behavior can transform your sleep habits. The accompanying guided hypnosis download is designed to deeply relax you when you want to sleep and reset your body’s natural sleep mechanism, so you’ll automatically find it easier to get deep, restful sleep. If you want to get a good night’s restful sleep and wake up refreshed, have the energy to achieve what you want, and improve the quality of your life, then this book is for you!

Sleep Easy Solution Bailey Murphy,2023-12-20 Sleep Easy Solution is your ultimate roadmap to mastering the art of restful sleep and revitalizing your day-to-day life. Immerse yourself in the intriguing world of sleep research, professional wisdom, and actionable techniques crafted to help you attain the rejuvenating rest your body and mind crave. In this illuminating book, you'll unravel the intricate links between sleep and your overall physical and mental health. Learn how to build a sleep-conducive environment, establish positive sleep rituals, and conquer the obstacles that stand between you and a refreshing night's sleep. From demystifying the enigma of sleep cycles and stages to honing relaxation practices that elevate your sleep experience, this guide arms you with the expertise and resources required to seize control of your sleep and lead a more balanced, invigorated life. Envision a future where tranquil nights are not a mere aspiration, but an attainable reality. With this book, you'll set off on a transformative adventure to recapture the restorative sleep you're entitled to and unleash the most vibrant version of yourself. Don't allow another fitful night to stand in your way - embark on your quest for improved sleep today.

Insomnia Leon Colburn Lack,Helen Wright,Helen Bearpark,2004
Allen Carr's Easy Way to Better Sleep John Dicey,Allen Carr,2022-11-01 READ THIS BOOK AND SLEEP WELL THE EASY WAY. Do you find it hard to switch off at night? Do you feel tired all day but when your head hits the pillow it's impossible to sleep? Whether it's worrying about work, 'doomscrolling' on your phone or overcaffeinating yourself to get through the day, modern lifestyle choices are robbing us from the sleep we deserve. But how can we break free from the vicious cycle of fatigue and insomnia? Allen Carr's Easyway method offers a unique solution. This world-renowned, clinically-proven method has helped an estimated 50 million people with their behavioral issues and addictions, including smoking, alcohol, weight control and digital addiction. In this book, this tried-and-tested method is applied to sleeping difficulties. The beauty of this method is that it DOES NOT RELY ON WILLPOWER. It will not ban your phone from your bedside or take away your morning coffee but instead unravel the cognitive brainwashing that has led you to desire the very behaviors that are harming you. In this way, you will be released from them without feelings of sacrifice or deprivation. With clear, step-by-step advice, this book will help you form healthy habits and live in tune with your natural sleep cycle so you can get back to that blissful promise of a good night's sleep. Do you find that difficult to believe? Read this book. What people say about Allen Carr's Easyway method: The Allen Carr program was nothing short of a miracle. Anjelica Huston The Allen Carr method is totally unique. GQ This method is as foolproof as it gets. Time Out

Getting to Sleep Ellen Mohr Catalano,1990
Sleep and the Sleepless Joseph Collins,1912

Simple Sleep Solutions JP Nicolais,2014-10-29 This image-rich guide to better sleep provides the author's proven solution with a 90% success rate. Available on Amazon.com, Amazon and iTunes, iTunes, this book is accessible on all Kindle devices as well as Android and Apple devices. A Spanish language eBook is available as Soluciones Simples a los Trastornos del Sueño. Learn how to adapt the author’s technique to develop your own sleep solutions. The technique is ideal for falling back to sleep and can also be used to fall asleep initially. You don't need special training or equipment to personalize this proven technique, but creativity, a willingness to experiment and an active imagination are helpful. It’s so simple, you won’t believe it until you try it. An expert in dream psychology describes how to access our dreams and how to use our dreams to develop creative solutions for our waking life.

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