

Smartsleep 362

Shawn Stevenson

Sleep to be Sexy, Smart, & Slim Ellen Michaud, Julie Bain Health Director Reader's Digest, 2009-05-14 Based on interviews with more than 100 of the country's top sleep experts, *Sleep to Be Sexy, Smart, and Slim* provides women with an understanding of the issues surrounding sleep and offers hundreds of solutions, tips, and strategies for dealing with their unique sleep challenges. The book is organized into six sections: * Introduction: Discusses how sleep affects every part of your life from sex to IQ to energy to aging. * Part 1-Do You Have a Sleep Problem? Quizzes to let you determine your sleep style and how much sleep is enough. * Part 2-Surefire Strategies for Getting a Good Night's Sleep: Solutions that are most appropriate for your sleep type. You'll be surprised at the number of things you can do to eliminate sleep interrupters. * Part 3-Sleep Saboteurs: The most common sleep problems or challenges- with testimonials from women who share both their problem and personal tricks. * Part 4-The New Meds: A thumbs up, thumbs down look at the new meds. Doctors are quick to prescribe sleep aids but that's a temporary fix. This section lists the top-selling sleeping pills and their sometimes bizarre side effects. * Resources: Provides a state-by-state listing of sleep centers, websites, and helpful information. The thoroughly researched, concise information in this book is written in a lively, engaging style and delivers the latest research solutions that will let every woman realize the book's promise: Get a good night's sleep, and you will feel sexier, smarter, and slimmer.

Your guide to healthy sleep ,2005

Sleep Soundly Every Night, Feel Fantastic Every Day
Robert Steven Rosenberg, 2014-06-12 If you or someone you love has problems sleeping, Rosenberg will help you identify the issue. Once identified, he provides targeted

solutions so you can start awakening refreshed and renewed.

Sleep Smarter Shawn Stevenson, 2016-09-06 Shawn Stevenson is a health expert with a background in biology and kinesiology who has helped thousands of people worldwide to improve their health, through his private work as well as his #1 Nutrition and Fitness podcast on iTunes. In his work, Shawn brings a well-rounded perspective to the perennial question: how can we feel better? In investigating complex health issues such as weight loss, chronic fatigue and hormone imbalance, Shawn realised that many health problems start with one criminally overlooked aspect of our routine - sleep. In *Sleep Smarter* Shawn explores the little-known and even less-appreciated facts about sleep's influence on every part of our life. Backed by the latest scientific research and packed with personal anecdotes and tips from leaders in the field of sleep research, this book depicts the dangers of insufficient sleep - from weight retention to memory loss to bad sex to increased risk of disease. In his clear, personable and relatable style Shawn offers 21 simple, immediately applicable ways for readers to take their well-being into their own hands and improve their sleep now

How to Sleep Rafael Pelayo, 2020-12-08 “Easy to read and comprehensive. This book offers real practical guidance.” —Matthew Walker, PhD, bestselling author of *Why We Sleep* Anyone having trouble sleeping has heard all the old “sleep hygiene” rules: Don’t drink caffeine after 2:00 p.m., use the bedroom only for sleeping, put down your screens an hour before going to bed. But as the millions suffering from poor sleep can attest, just following these overly simplistic, one-size-fits-all directives doesn’t work. *How to Sleep* is here to rewrite the rules and help you get to sleep—and stay asleep—each and every night. Dr.

Rafael Pelayo, an expert sleep clinician and professor at the world-renowned Sleep Medicine Clinic at Stanford University, offers a holistic approach to the myriad issues that might be affecting your sleep. He begins by grounding us in the biology of sleep including the extremely reassuring fact that no one actually sleeps through the night—we naturally wake up every ninety minutes. Dr. Pelayo then tackles the major sleep issues one by one, such as snoring and its causes; the difference between transient and chronic insomnia, and how to treat each; strategies to combat jet lag; how lifestyle choices affect your sleep, including exercise (even ten minutes helps), meditation (try it right before bed), and food and drink (alcohol is a double-edged sword—it may help you fall asleep faster, but it often interferes with staying asleep). There's advice for the bedroom—on white noise machines, ambient temperature, what to look for in a pillow—and answers to our most pressing questions, from when to see a sleep medicine specialist to how aging affects our sleep. All in all, it's a sure prescription to help you sleep better, wake up refreshed, and live a healthier life.

Ubersleep: Nap-Based Sleep Schedules and the Polyphasic Lifestyle - Second Edition Pure

Doxyk, 2013-06-15 The Second Edition of the comprehensive book on Polyphasic Sleep, including descriptions of the different schedules, how-to's and detailed adjustment planning, and considerations of the polyphasic lifestyle by a long-term polyphasic sleeper.

Fundamentals of Sleep Technology Workbook Rita Brooks, Cynthia Mattice, Teofilo Lee-Chiong, 2014-11-11 Fundamentals of Sleep Technology Workbook will be a companion title to Fundamentals of Sleep Technology, 2e, and will serve to reinforce and facilitate the reader's comprehension of material learned in the main text. The

workbook, like the main text, will be an official text of the American Association of Sleep Technologists. The primary audiences for this text are sleep technologists and those currently enrolled in sleep technology programs.

The Science of Sleep Sophie Fern, 2011 Everybody sleeps, it's just a fact of life. Yet what makes us sleep, and exactly what is our mind doing while we sleep?

The Expert Guide to Sleeping Well Chris

Idzikowski, 2019-03-19 Most people in the West fail to get enough sleep, which can contribute to serious health problems. Reading this book, and acting on its advice, could be the single best thing most people can do to boost their health and wellbeing. Lack of sleep is not just a matter of feeling tired. Recent research has shown that it is associated with serious illnesses such as high blood pressure, diabetes, heart disease and even cancer. The big question is, what can we do to get more sleep? Who can we turn to, for a sympathetic and knowledgeable one-to-one consultation? The answer is, to one of the world's leading sleep experts: Professor Chris Idzikowski, who here reveals his wisdom in a down-to-earth and reassuring way. The Introduction answers four basic questions: What is sleep? What is dreaming? What is tiredness? What is fatigue? Chapter One takes a fascinating look at the history of sleep, showing how social and environmental factors have affected human experience. Chapter Two tells us what science has made of sleep, in a friendly, easy-to-follow style. Chapter Three gives extensive advice on how to manage your sleep, whatever your particular circumstances or needs, with specific advice for workers, parents, drivers and flyers, as well as for dreamers and problem-solvers; also covered is our changing requirements as we age. Chapter Four gives the same number of pages to sleep problems, including insomnia, breathing disorders, circadian

clock disorders, nightmares and movement disorders. Finally, Chapter Five is a collection of concise practical tips and guidelines, including a directory of sleeping pills and potions, from pharmaceutical stand-bys to home-brewed herbal teas.

The Physiologic Nature of Sleep Pier Luigi Parmeggiani, Ricardo A. Velluti, 2005 Provides a broad introduction to the subject of sleep. An overview of some of the classic and fundamental achievements in sleep research.

How to Sleep Well Neil Stanley, 2018-07-27 It has never been more important to sleep well. Stop sabotaging your own sleep and finally wake up energised and refreshed. *How to Sleep Well* is a guidebook that can change your sleep and help you live your life more fully. Whether you struggle to fall asleep, sleep too lightly, wake too often or simply cannot wake up, this book can help you get on track to sleeping well and living better. It all starts with the science of sleep: how much you really need, what your body does during sleep and the causes behind many common sleep problems. Next, you'll identify the things in your life that are disrupting your sleep cycle and learn how to mitigate the impact; whether the pressure of workplace or you simply cannot quiet your own mind, these expert tips and tricks will help you get the sleep you need. Finally, you'll learn how to support healthy sleep during the waking hours — what works with or against your sleep — and you'll learn when the problem might be best dealt with by your GP. Don't spend another restless night waiting for a bleary, groggy morning and sleepy day. Take control of your sleep tonight! Learn how sleep — or a lack thereof — affects every aspect of your life. Identify the root causes of your sleep issues and cut them off at the source. Discover the sleep advice that works, and the tips that are just plain daft.

Create a healthy, calming bedtime routine that will help you get the rest you need Sleep affects everything. Work and school performance, relationships, emotional outlook, your appearance and even your health. Sleeping poorly or not sleeping enough can dramatically impact your quality of life, but most sleep problems can be solved with a bit of self-adjustment. How to Sleep Well puts a sleep expert with over 36 years' experience at your disposal to help you finally get the restful, restorative sleep you need to live better and be productive.

Updates in Sleep Neurology and Obstructive Sleep Apnea Fabian H. Rossi, Nina Tsakadze, 2021-09-15 The field of sleep medicine has grown and expanded over the last few decades, becoming more complex as technology and knowledge have proliferated enabling more precise diagnoses and treatments. With an improved understanding of sleep medicine and its inextricable interrelationship with neurology, it has assumed a leading role within the general neurological practice. This book provides important insights into the most common sleep and neurological disorders, discussing their interdependence, diagnoses, and treatments.

Measuring Sleep, An Issue of Sleep Medicine Clinics, E-Book Erna Sif Arnardottir, 2021-11-01 In this issue of Sleep Medicine Clinics, Guest Editor Erna Sif Arnardottir brings considerable expertise to the topic of Measuring Sleep. Top experts in the field cover key topics such as home sleep recordings, improving machine learning technology, new classification for sleep severity, the role of questionnaires, and more. Provides in-depth, clinical reviews on Measuring Sleep, providing actionable insights for clinical practice. Presents the latest information on this timely, focused topic under the leadership of experienced editors in the field; Authors synthesize and distill the latest

research and practice guidelines to create these timely topic-based reviews. Contains 10 relevant, practice-oriented topics including getting more sleep from the recording; sleep measurement in women and children; consumer devices; free living sleep measurements; and more.

Sleep for Success! Everything You Must Know About Sleep but Are Too Tired to Ask Dr. James B. Maas, Rebecca S. Robbins, 2011-01-28 Given the present, stress-inducing state of the economy and the world, there has never been a better time to provide a wake-up call on how to relax, get centered, get 8 hours of sleep and be happier and more successful. Recent research has shown us that when we get enough sleep, we are able to accomplish more in less time and with less stress and greater health. We don't need a 26-hour day. With more efficient and effective sleep habits, in our book, 24 hours is more than adequate. Our proposition is simple and compelling. Do you want to be healthier, more productive, energetic, creative, organized, efficient, and constantly expanding your potential? Do you want to be less stressed, happier, have a better relationship with yourself and others, and a deeper sense of well-being? What if you could take a few small steps every day that would enable you to eventually achieve all these things? You can. In fact, it's easy. *Sleep for Success!*, a convincing, psychological approach to changing attitudes and behaviors, is written for anyone who wants to get a great night's sleep, feel wide-awake and be a peak performer all day. It pertains to executives, students, parents, athletes, children and senior citizens. If you're human, chances are that you are at least somewhat sleep deprived. *Sleep for Success!* can change your life literally overnight.

Fundamentals of Sleep Technology Teofilo Lee-Chiong, M.D., 2012-06-01 *Fundamentals of Sleep Technology* provides a thorough understanding of the use of

polysomnography and other technologies in the evaluation and management of sleep disorders. Coverage includes in-depth reviews of the neurophysiology and cardiopulmonary aspects of sleep, along with the pathophysiology of sleep disorders. Detailed sections on polysomnography include recording procedures, identifying and scoring sleep stages and sleep-related events, and report generation. Chapters discuss therapeutic interventions including positive airway pressure, supplemental oxygen, surgical and pharmacologic treatments, and patient education. A section focuses on pediatric sleep disorders and polysomnography. Also included are chapters on establishing and managing a sleep center and accrediting a sleep program. Fundamentals of Sleep Technology is endorsed by American Association of Sleep Technologists (AAST). AAST committees oversaw the development of this book, defining the table of contents, recruiting the Editors, and providing most of the contributors.

Sleep and You Diane B. Boivin, 2014-11-01 An easy and readable guide to the latest scientific information on how and why to sleep better and improve your wellbeing. Why do we need to sleep? For those of who pass nights staring at the ceiling, the question is beside the point. In fact, we are all sleeping less, and worse, than ever. Despite this, we know that losing sleep or sleeping fitfully has consequences for our health and well being. What can we do when sleep just won't come? In nine fascinating chapters, Dr. Diane B. Boivin lays out exactly why sleeping well is essential to good health. She explains, in a clear and accessible way, the phenomena associated with sleep: our individual sleep needs; circadian rhythms and problems linked to our biological clocks; the links between insomnia, stress, and obesity; why those suffering from anxiety or depression can have trouble sleeping; snoring; sleep apnea;

night terrors; and dreams, among others. Special attention is given to sleep disturbances affecting night workers and new mothers. An abundantly illustrated, practical guide for everyone trying to reclaim their sleep.

The Science of Sleep Wallace B.

Mendelson,2017-10-06 From Ivy: We are sleeping less and less: statistics show that insomnia has reached pandemic proportions, and costs healthcare providers billions. Most of us spend a third of our lives asleep--our bodies insist on sleep; without it, we die. But why we sleep still remains relatively mysterious. The Science of Sleep explains the elements of the sleep state and explores the various sleep disorders and how their available treatments work. By offering an accessible account of sleep science, the book allows the reader to assess their relationship with sleep and craft their own approach to having a restful night with the maximum physical return.

The Harvard Medical School Guide to a Good Night's Sleep Lawrence Epstein,Steven

Mardon,2007-04-10 Put your sleep problems to rest with this proven six-step plan How many times have you heard it's important to get a good night's sleep? It sounds simple, but it isn't always easy. Now one of the nation's leading sleep experts gives you a step-by-step program for overcoming sleep problems from insomnia and snoring to restless legs syndrome and sleep apnea. Dr. Lawrence Epstein of Harvard Medical School reveals his proven six-step plan to maximize your nights and energize your days. He explains the health benefits of sleep and identifies signs of sleep problems as he gives in-depth advice on how to: Turn your bedroom into the optimal sleep environment Finally overcome insomnia Silence buzz-saw snoring Relax restless legs Deal with daytime exhaustion Determine if sleep medication is right for you Improve your sleep by

improving your child's sleep

Snoring & Sleep Apnea Dr. Ralph A. Pascualy, MD, 2008-01-02 Snoring is the most common sign of sleep apnea, a potentially fatal sleep disorder that affects approximately twelve million Americans, according to the National Institutes of Health (NIH). Untreated sleep apnea is associated with heart disease, high blood pressure, stroke, and premature death. It is a common cause of driving accidents and job impairment, as well as academic underachievement in children and adolescents. Snoring and Sleep Apnea is for people who have or suspect that they have sleep apnea. It is also written for their bed partners, families, and friends, and for health care professionals involved in sleep apnea management. This extensively revised and expanded fourth edition covers causes, diagnosis, treatment, and surgical techniques as well as the pros and cons of specific therapies. Readers will learn: When snoring is a sign of sleep apnea Why snoring and sleep apnea are dangerous to your health Who should see a sleep specialist Where to find an accredited sleep disorder center The latest treatments and how to feel better fast NEW and expanded topics in this edition include: A new chapter on women and sleep apnea Managing children and adolescents with sleep apnea Advances in CPAP and other key treatments The latest statistics on the impact of sleep apnea on obesity, diabetes, and cardiovascular disease *Snoring and Sleep Apnea: Sleep Well, Feel Better* will educate readers and help them receive appropriate diagnostic tests and the most effective treatment so they can live full and healthy lives.

Sleep, the Gentle Tyrant Wilse B. Webb, 1992

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