

Sleep Better

Neil Stanley

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

Better Sleep, Better You Frank Lipman, Neil Parikh, 2021-04-13 Sleep is the most important part of anyone's journey to a healthy and happy life, and with this book you can learn how to fix your sleep schedule and recover precious hours of relaxation. If you're like most people, odds are you aren't getting enough sleep. Thanks to shifts in our culture America is in the midst of an epidemic of sleeplessness, and unfortunately, sleep deprivation has bigger consequences than one might think, ranging from irritability, brain fog, and weight gain to serious conditions like hormone dysregulation, heart disease, memory impairment, diabetes, and Alzheimer's. In *Better Sleep, Better You*, functional medicine pioneer and sleep expert Frank Lipman, MD, and Casper co-founder Neil Parikh team up to offer a one-stop resource to help you reap the benefits of sleeping well every night. Unlike the dozens of articles offering a quick fix for insomnia, Lipman and Parikh understand that there's no such thing as a one-sleep-fits-all solution. By clearly explaining the latest developments in sleep science and all the factors that affect your sleep—including when and how you eat and exercise, how you handle stress, how you nap, and how you engage with technology—*Better Sleep, Better You* helps readers create a personalized sleep protocol that works for their lifestyle and needs. Packed with fascinating science, engaging case studies, and easy-to-implement practical advice, *Better Sleep, Better You* provides everything you need to optimize your sleep, productivity, and happiness—for life.

Sleep Better Graham Law, Shane Pascoe, 2017-06-15 Scientific research into sleep has dramatically increased during the past decade, with greater understanding of the hormonal and brain activity during sleep which has a key influence on your health and wellbeing. This expert, accessible book presents a combination of sleep hygiene, evidence-based techniques, psychological skills, and mindfulness practices to help improve your sleep. It examines common myths and stereotypes which may damage your chances of sleeping well, and gives tips for dealing with your sleep problems effectively. Topics include: How much sleep you really need Sleep quality and quantity Underlying issues, such as stressful life events, depression and anxiety Physical clinical problems, such as snoring, sleep apnea and asthma Perpetuating factors of sleep issues such as habits, perceptions, attributions, beliefs and thoughts Insomnia - wired and tired Psychoeducation to help with sleep problems, with a focus on Acceptance and Commitment Therapy or ACT; CBT-I, along with stimulus control, sleep/bed restriction therapy, worry time, and paradoxical intention Sleep hygiene, such as de-cluttering, eating, regular behaviours, exercise. Behavioural sleep interventions for parents with babies and young children Practical application of mindfulness

50 Ways to Sleep Better Neil B. Kavey, 1996 Written by leading specialists in sleep disorders, this guide provides concise information on the different aspects of sleep, including how much sleep is enough, sleep disorders that require medical attention, the common causes of sleep deprivation, and proper use of over-the-counter and prescription sleep aids.

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.

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.

How to Sleep Well Neil Stanley, 2018-08-27 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.

Better Sleep Grace Bell, 2021-12-15 Are you suffering from insomnia? Do you want to fall asleep faster? Does snoring disrupt your sleep? Better Sleep can help! The importance of sleep has been well researched and documented. Sleep keeps you productive and safe during your waking hours. Because of sleep, you are able to manage your household, go to work, pay attention in school, and enjoy active and enriching activities when you're awake. You need sleep in order to process your thoughts and emotions, restore balance to the chemicals, hormones, and proteins in your blood and muscles, and strengthen your mind and body. This book will show you how to sleep better and relieve insomnia without medication. By reading this book, you will learn: • How to create a sleep-inviting bedroom environment • How to fall asleep faster by practicing yoga and meditation • Foods that assist with sleep • Natural remedies to overcome insomnia • Tips on how to stop snoring Any problems that you have sleeping need to be resolved as early as possible. Order your copy of Better Sleep now!

Breathe Better, Sleep Better Anandi, 2016-11-22 If you are struggling with sleep deprivation, insomnia, or anxiety, this book offers a systematic approach to working with the breath as a tool to bring your whole being back into balance and give you the gift of better sleep. Anandi shows you how to dramatically improve your daily life and, in particular, your sleeping pattern through a proven step-by-step system using the breath. This is the first book dedicated exclusively to healing sleep issues with the breath and offers practical tools to: soothe the nervous system and increase serotonin levels, increase vitality, improve your digestive system, stimulate the circulatory system, detoxify the whole organism, tap into new creativity, and integrate simple practices into your daily life. If you are ready to actively participate in your own healing journey, the information in this book will show you how to breathe yourself to sleep.

Rest Assured Leon E. Lewis, 2024-02-25 Rest Assured is your ultimate guide to achieving the deep, rejuvenating sleep you deserve. Packed with practical tips and proven techniques, this book will transform your bedtime routine and ensure you wake up feeling refreshed and ready to conquer the day. From creating a tranquil sleep environment to mastering relaxation techniques, each chapter is filled with actionable advice to help you sleep soundly every night. Say goodbye to sleepless nights and hello to a well-rested, energised you. Reclaim your nights for ultimate relaxation and rejuvenation. Feedback for Rest Assured, 1st Edition: 'This book is amazing! It's written in layman's terms, and is quick and easy to read. I have now passed it onto family members, all of whom are impressed by the simple techniques.' 'Rest Assured dives right in, is well researched and very practical. I've read several books on insomnia and this one curates the research so you can integrate it into your life.' 'I would highly recommend Rest Assured to anyone who has trouble sleeping.'

Sleep Better! a Guide to Improving Sleep for Children with Special Needs Vincent Mark Durand, 2013 This fully updated edition includes help for parents who usually struggle with nighttime problems. Without preaching or proposing a one right way to solve problems, psychologist and father Mark Durand helps families tackle sleep issues with optimism and proven strategies drawn from clinical and personal experience.

Better Sleep for the Overachiever Anne Bartolucci, 2020-09-29 Does your inner drive keep you up all night? Discover methods to ease your ambitious mind into a healthy, highly productive pattern of sleep. Do you toss and turn worrying about tomorrow's to-do list? Does your body crave rest but your brain won't shut down? Have you tried all the recommended bedtime tricks and found no relief? Insomnia specialist and clinical psychologist Anne D. Bartolucci, Ph.D. has spent more than a decade helping results-driven people catch some z's. Now this fellow overachiever is here to show you a simple way to get the restorative repose you need to fuel your busy lifestyle. Better Sleep for the Overachiever is a thorough guide to creating a lifelong habit of healthy, rejuvenating slumber patterns to help you perform at your peak. Drawing on Bartolucci's extensive experience, you'll discover why insomnia isn't just a nighttime problem—it's deeply intertwined with your daily thoughts and activities. Using simple

strategies to identify and defuse stressful behaviors, you'll soon be drifting off to dreamland! In *Better Sleep for the Overachiever*, you'll discover: - Step-by-step tips and best practices to wind down in the evening - Why perfectionism and imposter syndrome stifle quality sleep and how to overcome them - The time management skills needed to let go and allow your mind to settle - An exploration of the role that mindfulness plays in managing racing thoughts - Real-life case studies, conversations from Bartolucci's practice, and much, much more! *Better Sleep for the Overachiever* is an easily accessible handbook to help you snooze like a pro. If you like expert advice, practical techniques, and proven research, then you'll love Anne D. Bartolucci's life-changing resource. Buy *Better Sleep for the Overachiever* to get the rest you deserve tonight!

101 Tips for Better And More Healthy Sleep Alan E. Smith, 2023 All of your physical and mental health depends on getting a good night's sleep. We all love waking up without an alarm, feeling rested and refreshed, right? Unfortunately, many people don't sleep enough or sleep well, or both. It may feel like your sleep is a combination lock and you can't figure out all the right numbers in the right sequence. These tips are designed to help you put it all together. These 101 Tips are designed to help you find the rest you deserve in the best way possible. You'll walk through all of the various factors in getting a good night's sleep, from your bed and bedroom to relaxing before bed to solving several sleep problems. While some of these tips have been around for hundreds or thousands of years, some are as new as they can be. We even talk about the progress that's been made in the medical field regarding sleep in past few decades. Whatever your sleep situation, you will probably find something here that can help you sleep even better and longer. You just have to have the patience and dedication to solve your own sleep problems. • Discover your best sleep possible • See new ways to sleep better, longer • Realize all of the ways to improve your sleep • Explore techniques from ancient to modern • Understand the real importance of sleep Learn more at www.UnbreakYourHealth.com From Loving Healing Press www.LHPress.com

Yoga for Better Sleep Mark Stephens, 2019-08-13 Learn simple yoga techniques--poses, meditations, and breathwork--to sleep better and longer, from master yoga teacher trainer and author, Mark Stephens Although modern science has unraveled some of the mysteries of our sleeping, dreaming, and waking states and age-old yoga practices are helping us enjoy better sleep, clearer minds, and healthier bodies, over 65 percent of U.S. adults are still sleep deprived. Sleep deprivation causes and aggravates ailments like stress, heart conditions, high blood pressure, obesity, and depression. Master yoga teacher, trainer, and best-selling author Mark Stephens provides easy-to-do, effective yoga activities--including postural sequences, breathing exercises, and meditation practices--for better sleep, no matter your age. He integrates the ancient wisdom of yoga with the insights of modern neuroscience and psychology to offer practical age- and condition-specific tools and sequences for improving sleep naturally and without drugs.

Why We Sleep Matthew Walker, 2017-10-03 Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming--Amazon.com.

How to Sleep Well Ted Peace, 2020-02-12 There is nothing more frustrating than being unable to sleep. Tossing and turning over. Your mind is racing, running over all of today's happenings. Noise from the night keeps you awake. What are you going to do? There are things you can do! Read on and learn to sleep well with some new tricks. When insomniacs adhere to strict sleep hygiene, adapt to good lifestyle behaviors, and use behavioral modification interventions that can teach the subconscious mind to fall asleep, then they can return to standard healthy sleep patterns and fall asleep quickly and well at night. Do not take insomnia medicine, such as sleeping pills, if you want to permanently and effectively cure your insomnia because sleeping pills are insomnia treatment only for the short term, and it can not change your subconscious mind to help you fall asleep quickly and well every night. Many people are afraid to camp because they don't think they're going to sleep well. This was often the result of a bad childhood

experience where they slept in a cheap sleeping bag on the wet ground, etc. The reality is that it can be refreshing and comfortable to sleep outside, especially if you are planning for some effort and have the right equipment. We all know we're good at waking up early. We can practice, we can study, we can work... Just have more of a life! But it's hard for most people to sleep well and wake up early and clean. I know in the morning a lot of people are feeling bad. Here are some tips and tricks I've learned over the years that will help me to sleep better and to wake up recharged. Sleeping allows you to rejuvenate and refresh yourself, but here we discuss how much you need to sleep and what are the side effects of sleeping less. Sleep was seen as just a time when you're not awake, but a detailed sleep study found that it's far beyond that, sleep has different levels and stages.

The Sleep Book Guy Meadows, 2014 NEW UPDATED VERSION NOW SUITABLE FOR ALL DEVICES A third of the population sleep badly, but now THE SLEEP BOOK's revolutionary five-week plan means that you don't have to be one of them. Using a blend of mindfulness and new ACT therapy techniques, Dr Guy shares his unique five-week plan to cure your sleep problem whether it's a few restless nights or a lifetime of insomnia. Most people who have trouble sleeping invest a huge amount of time, effort and money into fixing the problem, but Dr Guy has discovered the secret lies not in what you do, but what you learn not to do. In fact, as you will have discovered, the more frustrated you become only serves to push sleep further away. Dr Guy's pioneering methods at The Sleep School clinic have been an unprecedented success. By popular demand, his highly effective and 100% natural insomnia remedy is now here in this book. THE SLEEP BOOK is the sum of a doctorate degree in sleep and well over 12,000 hours spent working with more than 2,000 insomniacs in one-to-one clinics, workshops and retreat environments. Say goodbye to the vicious cycle of sleepless nights. Sleep well, maintain a positive outlook and restore the quality of life you deserve - for good.

How to Sleep Rafael Pelayo, 2020-12-08 A new, comprehensive approach to improving our sleep, from the expert sleep clinician.

Sleep Well Again Lisa Morrone, 2012-03-01 For readers who are tired of being tired... Lisa Morrone, author of *Overcoming Overeating* and *Overcoming Headaches and Migraines* offers hope for the eight hours you don't want to miss! The rush of twenty-first century life has left many busy people underslept, irritable, and worn out from everyday life. In this helpful book, readers will learn: the high cost of sleep deprivation how to prepare for a good night's sleep ways to deal with middle-of-the-night plumbing problems whether medication will help how to calm an overactive brain how to deal with pain, sleep apnea, and restless leg syndrome Refreshment, new energy, and a revitalized life await the readers of Lisa's new book.

7-Day Sleep Challenge Challenge Self, 2019-02-11 Take Your 7-Day Sleep Challenge Sleep Better In 7 Days Why are you reading this? Because: - You want to fall asleep faster and stay asleep every night. - You want to cure insomnia that is disrupting your sleep cycle. - You want to stop feeling tired all the time from sleep deprivation. - You want to not use sleep medications but opt for natural methods. - You want to improve your focus and productivity throughout the day. The average adults need around 7-9 hours of sleep each night according to the National Sleep Foundation. Sadly, many get far less than that bare minimum and it's affecting their lives negatively and decreasing their ability to function properly. The truth is, roughly 70 million people in the United States alone are already suffering from some kinds of sleep disorders, and that number is only going to rise to a staggering 100 million by the middle of the 21st century. What are the causes of all these sleep problems? There are many factors involved. Typically, they can stem from an increasingly unhealthy and unbalanced modern lifestyle—related to demanding overwork, bad habits, neglected responsibilities, excessive distractions, etc., all competing for our attention and time. Some are even innate—especially for those who have been experiencing chronic sleeping issues their entire lives. Regardless, what matters is what you can do about it. In the conventional sense, there are medications to diagnose sleep disorders, but it goes without saying there are potentials for side effects, dependence, harm, and even death from accidental overdose. That's why you should take a more holistic approach to restore the natural balance in your body and life by addressing the issue

at the core rather than put a band-aid over the symptom with some pills that carry unknown long-term consequences. There is an underlying source attributing to your sleep problems—and that is exactly what the “7-Day Sleep Challenge” will tackle head-on in only a week. You’ll get practical applications and strategies that are both hands-on and effective, including: - Sleep-aid hacks using scents, sounds, lighting, air, and temperature - Custom detailed plan to follow to ritualistically get ready for bed - Behavior modifications for establishing new sleeping patterns All of these things and many more are simple to do and will dramatically improve the quality of your sleep. So are you ready to accept your “7-Day Sleep Challenge”? Then waste no more previous time staying awake. Time to relax and enjoy a rejuvenating sleep now—and good night.

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Sleep Better Introduction

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