



Sleep Smarter: 21 Essential Strategies to Sleep Your Way to a Better Body, Better Health, and Bigger Success

By Shawn Stevenson

Audible Studios on Brilliance, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. When it comes to health, there is one criminally overlooked element: sleep. Good sleep helps you shed fat for good, stave off disease, stay productive, and improve virtually every function of your mind and body. That s what Shawn Stevenson learned when a degenerative bone disease crushed his dream of becoming a professional athlete. Like many of us, he gave up on his health and his body.until he decided there must be a better way. Through better sleep and optimized nutrition, Stevenson not only healed his body but also achieved fitness and business goals he never thought possible. In Sleep Smarter, Stevenson shares easy tips and tricks to discover the best sleep and best health of your life. With his 14-Day Sleep Makeover, you ll learn how to create the ideal sleep sanctuary, how to hack sunlight to regulate your circadian rhythms, which clinically proven sleep nutrients and supplements you need, and stress-reduction exercises and fitness tips to keep you mentally and physically sharp. Sleep Smarter is the ultimate guide to sleeping better, feeling refreshed, and achieving a healthier, happier life.



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Ally Reichel

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- Prof. Kirk Cruickshank DDS