

The Sleep Revolution: Transforming Your Life, One Night at a Time : Transforming Your Life, One Night at a Time



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Reviews

*This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book.
(Miss Vernie Schimmel)*

THE SLEEP REVOLUTION: TRANSFORMING YOUR LIFE, ONE NIGHT AT A TIME : TRANSFORMING YOUR LIFE, ONE NIGHT AT A TIME



Harmony, 2016. Taschenbuch. Condition: Neu. Neu Neuware, Importqualität, auf Lager, Versand per Büchersendung - We are in the midst of a sleep deprivation crisis, writes Arianna Huffington, the co-founder and editor in chief of The Huffington Post . And this has profound consequences - on our health, our job performance, our relationships and our happiness. What is needed, she boldly asserts, is nothing short of a sleep revolution. Only by renewing our relationship with sleep can we take back control of our lives. In her bestseller Thrive , Arianna wrote about our need to redefine success through well-being, wisdom, wonder, and giving. Her discussion of the importance of sleep as a gateway to this more fulfilling way of living struck such a powerful chord that she realized the mystery and transformative power of sleep called for a fuller investigation. 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 is revealing 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 The Sleep Revolution , Arianna 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. She explores all the latest science on what exactly is going on while we sleep and dream. She takes on the dangerous 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...



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