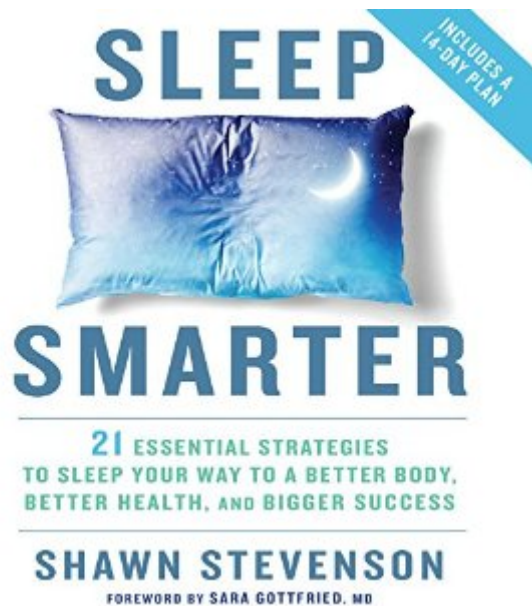


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# Sleep Smarter: 21 Essential Strategies To Sleep Your Way To A Better Body, Better Health, And Bigger Success



## Synopsis

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.

## Book Information

Audible Audio Edition

Listening Length: 6 hours and 36 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Audible Studios

Audible.com Release Date: August 16, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01J4BJT7A

Best Sellers Rank: #3 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders #5 in Books > Audible Audiobooks > Health, Mind & Body > Health

## Customer Reviews

The biggest endorsement I can give *Sleep Smarter* is that I've been trying to convince my wife to go to sleep earlier for years. Finally, after I got this book, I not so subtly started sharing factoids from the book about the benefits of sleeping earlier and better sleep hygiene things that you learn in the book (like leaving your cell phone outside the bedroom), but she wasn't listening. Finally I said, hey baby, let's make a deal, read this book and I'll read whatever you want me to read. She agreed. A week later, she's heading for bed by 10 p.m. and following other tips found in the book!

#winning! What's great about Stevenson's book is that he has a really full spectrum approach to getting better sleep. Some of them are obvious, like the classic early to bed, early to rise tip. But did you know that the body's rejuvenation mechanisms are amped between 10pm and 2am? It's science backed information like this that really helps. It's one thing to know that it's better to get to sleep earlier, but quite another to learn that there's a real qualitative difference between sleeping between x and y hours. Common sense would dictate that you have to get x hours of sleep (I usually just get six, but we should be getting more, though Stevenson doesn't lay down the law on a number, instead focusing on better sleep quality), but who cares when we get it? It turns out that when you go to sleep, when you wake up, and which hours your body is resting are very important. The other point I'll make is that you may be reading this and saying "whatever." 21 tips? I can get this from the internet. But, back to my wife. I recently read a book called Paleo Fitness for Dummies, which is quite a good book in its own right. The authors of Paleo Fitness recommend some of the same things that Stevenson does, namely, try to cut out the electronic sources of lights 90 minutes before sleep and to go to sleep around or before 10 p.m. I tried to share this idea with my wife and she just laughed in my face. But after reading Sleep Smarter, she is buying in. \*So, here's the point: sure, you can probably find information on many of these topics on the internet. Stevenson recommends meditation. There's plenty of information on meditation. Stevenson recommends light therapy. There's plenty of information out there. But, sometimes you need to convince people to buy in. Stevenson does such a good job assembling this information and presenting it in a compelling style, that it is well worth a few of your hard earned dollars. And maybe the person you will convince to buy in is you. Highly recommended. \* I actually labeled this advice the bad in my review of Paleo Fitness! "The Bad" Some of the advice is very, very aspirational. The sleep section contains some great points, but who is going to completely shut down from the internet/tv at 8pm, be in bed by 10pm, and up before 7am? My wife just laughed at me when I read it out."

[http://www..com/review/R3FV78V733RKDW/ref=cm\\_cr\\_rdp\\_perm](http://www..com/review/R3FV78V733RKDW/ref=cm_cr_rdp_perm) Appreciation shoutout: I discovered Sleep Smarter through a podcast called The Man Project with Ted Ryce. Like the book, this podcast has wonderful and surprising life improving tips. I recommend it. Check it out.

I have to say, I was a little worried when I decided to pick up Sleep Smarter. Was this just going to be another book that states the obvious...get more sleep and you will feel better. Luckily my fears were totally unfounded! Sleep Smarter has absolute actionable steps you can take to sleep smarter. You notice I didn't say sleep longer or sleep more, because that doesn't always help. Shawn Stevenson does a great job of giving you sleep hacks. Tips, based on sound research, on how to

make some minor changes to your sleep patterns and see big differences in your health. Some of the stuff in Sleep Smarter will really flip you out. Sleep longer, exercise less and lose more weight?? Yep, all explained in the book. How about a couple of specific plants you can put in the bedroom for better sleep? Yep, in there as well. I don't want to give it all away, but you will definitely learn a great deal about sleep, health and just feeling your best. Highly recommend!

Sleep. Oh how we must have it. Yet it eludes us, so our health fails and the brain gets sluggish and even our jobs and relationships can suffer. Maybe you've tried the tips you already know: darken the room, turn off electronics, exercise. Are you still tired, still not sleeping well? Don't give up. In this book you'll discover help for finding real, restorative rest. Broken down into short chapters, the book is easy and enjoyable to read (even while learning some of the science behind it all). At the end of each chapter are Power Tips that further break down what you've just read into specific, practical application. And like any good trainer, he helps you modify these tips for your life. In his writing, Shawn Stevenson comes across with the heart of a teacher. He doesn't just tell us WHAT to do, but WHY and HOW. (And if you're a listener of his pod-casts, while you're reading this book you may even hear his low and assuring voice in your head as if he's talking right to you.) Being chronically sleep-deprived for years, I've already benefited from some of these ideas and look forward to gradually integrating more of them into my life.

I HAD NO IDEA HOW MUCH SLEEP DEPRIVATION COULD RUIN MY LIFE UNTIL I READ THIS BOOK!!! Everything the author said in this book was actual facts... I always wondered why I craved sweets late at night or just during the day. Mr. Stevenson made it very clear that it was the lack of sleep I was getting every night that made my cravings for sweets sooo strong! This craving has played a major role in my negative body composition and especially, massive weight gain. In this book, Mr. Stevenson has laid out a blueprint to having an overall healthy life! This book is a "LIFE SAVER"!!! Literally and figuratively! Sleep will give you the body you need, the mind you need, and the life you need! I can't wait to apply ALL of these tips in my life!!! Peace! Great book!

One of the main messages of this book is that sleep affects all aspects of our lives "not getting enough or getting poor quality sleep leaves you feeling crappy. Making sleep a priority and making the changes Sean recommends have really had a positive impact on how I feel in a very short time. For years I've been heading to bed after midnight and having trouble getting to sleep when I got there. It's not uncommon for me to be awake until three, four, even five a.m.

More often than not, when I do get a full-night's sleep, I still feel tired and drowsy throughout the day. So far, I've only made a few of the changes advocated in Sean's book, but every one of them has had a positive effect. It's easier to get up in the morning, get more done during the day, and get to sleep at night. Morning is quickly becoming this reformed night owl's favorite part of the day.

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