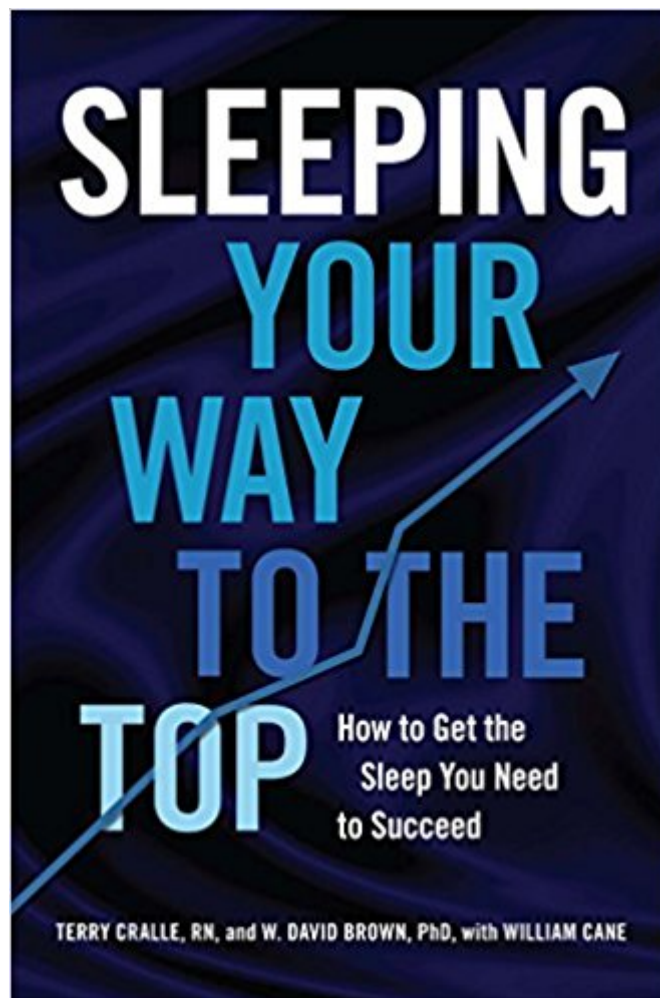




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# Sleeping Your Way To The Top: How To Get The Sleep You Need To Succeed



## Synopsis

Many people today believe that the less sleep you get, the more productive you are. But two nationally recognized experts are here to debunk that myth and show that sufficient sleep and success go hand in hand. A groundbreaking collaboration between certified clinical sleep educator Terry Cralle, RN, and sleep psychologist W. David Brown, PhD, *Sleeping Your Way to the Top* presents the ultimate wake-up call for ambitious people who wish to achieve maximum performance. Based on compelling new research, it provides the latest clinically proven techniques for getting quality rest, achieving maximum productivity, and overcoming common sleep impediments to enhance your career. Featuring sidebars, charts, and illustrations, this book finally takes the stigma out of sleep.

## Book Information

Hardcover: 288 pages

Publisher: Sterling; 1 edition (April 5, 2016)

Language: English

ISBN-10: 1454918489

ISBN-13: 978-1454918486

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 6 customer reviews

Best Sellers Rank: #398,995 in Books (See Top 100 in Books) #77 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention](#) #199 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders](#)

## Customer Reviews

I am a Certified Clinical Sleep Educator and University faculty member in Sleep Health. This book is fantastic! Terry (RN and CCSH) and Dr Brown clearly are sleep experts. I liked the interweaving of scientific results, demographics, and personal clinical experiences the authors share. The book also offers solid, practical suggestions anyone can implement to get better sleep. This book made me realize how much our society is suffering due to poor, inefficient sleep! A great book that I highly recommend and now recommend to my patients and students!

Absolutely loved this book from the title to the credits. Packed full of research and statistics to stories and suggestions. Loved the writing style, creative chapter titles, and an enjoyable book to

read compared to many others on the same subject. I've recommended the book over and over. I walked away with a number of practical and applicable changes that has definitely benefited my sleep. Kudos to the authors!

Found the book very informative and an easy read. Great tidbits on the science of sleep combined with personal anecdotes and a host of effective suggestions on improving sleep habits.

Awesome insights about how sleep changes everything. Sleep is not an obstacle but the vehicle to living up to your full potential.

Sleeping Your Way To The Top is an easy to follow book that debunks quite a few sleep myths while providing the latest research and findings in the field. It is a bit light on the actual suggestions - though each chapter does have some general guidelines. As such, this is intended for normal people who want to do better in their work environment and not for those with serious sleep issues. The book breaks down as follows: Part One: The Seduction of Sleep (Trumping Sleep; Pure, unadulterated Sleep; Sleep is NOT a Dirty Word; Now Now, I'm Tired; Sleep and Grow Rich); Part Two: Sleeping for Profit (Strange Bedfellows; Staying Power, If You've Got it, Flaunt It; Sleeping With The Stars; You Are What You Sleep; Who's On Top?); Part Three: All You Need Is Sleep (Get A Room; Sleep Envy; Good in Bed; Sleep, Drugs, and Rock & Roll; Sleeping With The Enemy; How About A Quickie?; Sleep Habits of Highly Effective People; Sleeping Your Way To The Top). The authors are very friendly and cover the topics efficiently and with humor. It makes for a pleasant read and definitely doesn't get bogged down by the statistics and facts. But it also rambles a bit and points are repeated several times throughout. The emphasis is definitely on the results/symptoms of sleep issues and how they affect every day performance. Not surprisingly, debunking a statement made by Donald Trump about being successful because he doesn't sleep is the rallying cry repeated throughout the book: few people can avoid sleep and succeed. Because this is aimed at businessmen (or those in a business environment such as professional athletes, writers, etc.), that is the focus throughout - how to do your job better. Yes, the tips are applicable to say, e.g., a homemaker, college student, etc. But at heart, the title really does say it all - sleep effectively to be better at your job. Rather than Self Help, I would categorize this as a business book, in the lines of being a better manager especially. Again, not intended for those with serious sleep issues but there is some great information and advice in here for the average person - from creating a clean bedroom free of distraction, clutter, noise, even partners sometimes - as well as other issues such

mattresses, sex, stress, circadian rhythms, etc. etc. The friendly tone makes for a quick and easy read - just not on a Kindle before bedtime due to blue light leakage! Reviewed from an advance reader copy provided by the publisher.

Definite keeper. Not only is this a self-help book on how to fix your sleep deficit problems (and I say, "your", because most of us have this), but it's also extremely informative on the sheer science of sleep - what it is, what it does, what it does when you're shorted. All around great book and top notch self help book.

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