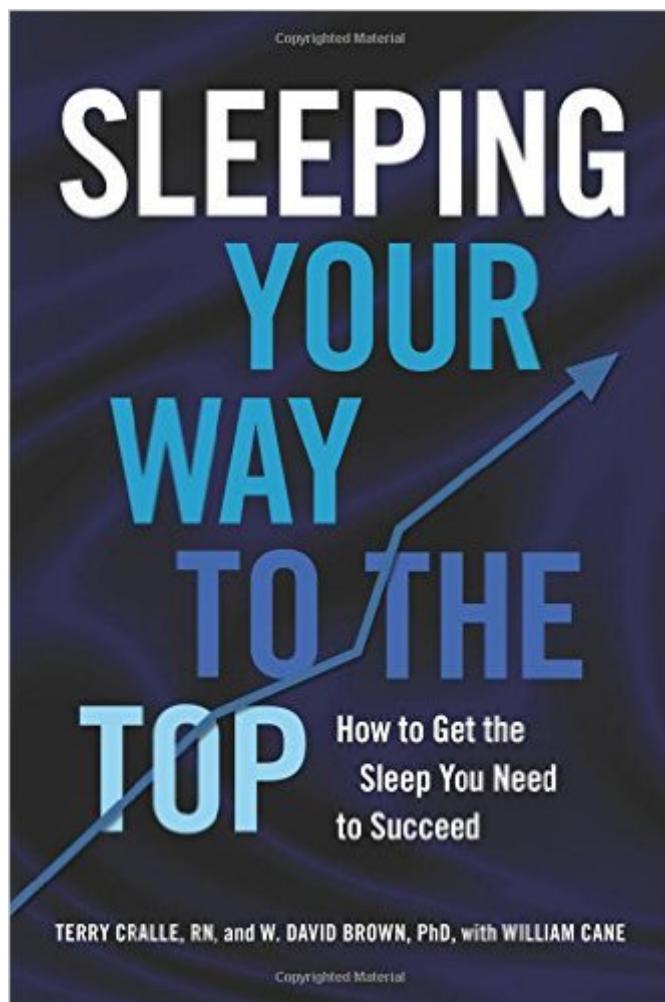


The book was found

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 starsÂ See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #944,171 in Books (See Top 100 in Books) #170 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention #411 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders

Customer Reviews

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.

[Download to continue reading...](#)

Sleeping Your Way to the Top: How to Get the Sleep You Need to Succeed Baby Sleep Training: How to Get Baby to Sleep Through Night Well Sleeping In Sin: On The Run Sleeping on Jupiter: A Novel Parenting: Parenting Toddlers: An Effective Child Care Guide To Potty Training, Nutrition, Hygiene, & Proper Sleeping Habits For A Happy Healthy Toddler Sleeping Giants (Themis Files) Hypnosis 8-Hour Sleep Cycle with Confidence Booster: The Sleep Learning System Hacking Sleep Apnea: 19 Strategies to Sleep & Breathe Easy Again Color Me To Sleep: Nearly 100 Coloring Templates to Promote Relaxation and Restful Sleep (A Zen Coloring Book) Hypnosis 8 Hour Sleep Cycle with Stop Sugar Cravings, Weight Loss Booster (The Sleep Learning System) Hypnosis 8 Hour Sleep Cycle with Weight Loss Booster: The Sleep Learning System Hypnosis 8 Hour Sleep Cycle with Chakra Opening and Cleansing Booster (The Sleep Learning System) The Whole30 Cookbook: 150 Delicious and Totally Compliant Recipes to Help You Succeed with the Whole30 and Beyond 121 First Dates: How to Succeed at Online Dating, Fall in Love, and Live Happily Ever After (Really!) Real Estate: Learn to Succeed the First Time: Real Estate Basics, Home Buying, Real Estate Investment & House Flipping (Real Estate income, investing, Rental Property) Adult ADHD: How to Succeed as a Hunter in a Farmer's World The End of Average: How We Succeed in a World That Values Sameness The Prince fell asleep: The lovely way to get children to sleep fast Sleeplessness: Assessing Sleep Need in Society Today I Can Make You Sleep: Overcome Insomnia Forever and Get the Best Rest of Your Life! Book and CD

[Dmca](#)