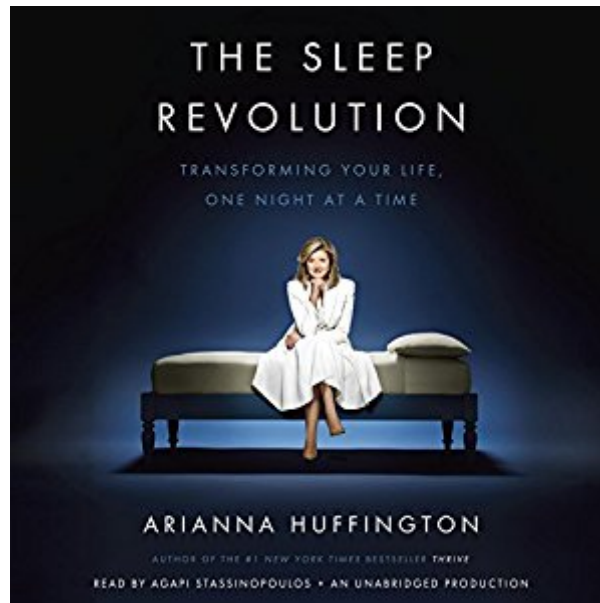




**The book was found**

# **The Sleep Revolution: Transforming Your Life, One Night At A Time**



## Synopsis

In her new book, Arianna Huffington, the cofounder and editor in chief of The Huffington Post and the author of the number-one New York Times best seller *Thrive*, delves into the sleep revolution that is happening all across the world - a revolution that can transform our lives. Sleep, she writes, is one of humanity's great unifiers, binding us to each other, to our ancestors, to our past, and to the future. Yet we find ourselves in the middle of a crisis of sleep deprivation, with devastating effects on our health, our happiness, our job performance, and our relationships. Only by renewing our relationship with sleep, she writes, can we take control of our lives, live more fully, and be more engaged with ourselves and with the world and more able to meet the inevitable challenges we all face. In *Thrive*, Arianna Huffington introduced her audience to the importance of sleep as a part of redefining success through well-being, wisdom, wonder, and giving. The topic struck such a powerful chord, resonating so intensely with her audiences around the world, that she realized the power of sleep needed a full exploration. The result is a sweeping, scientifically rigorous, and deeply personal look at sleep, from its history through the ages and the current crisis of sleep deprivation to the mysteries of dreams and the golden age of sleep science that is revealing all the ways sleep plays a vital role in our health, happiness, well-being, and productivity. In *The Sleep Revolution*, Arianna identifies the many ways our cultural dismissal of sleep as time wasted undermines our health and our decision making and ravages our relationships, our work lives, and even our sex lives. She takes on sleep from every angle, exploring the latest science on sleep, the manipulative and dangerous sleeping pill industry, and all the ways our addiction to technology disrupts our sleep. She also presents scientific recommendations and expert tips on how we can all achieve better and more restorative sleep and learn how to make the power of sleep work for us. Most important, by highlighting the many areas where sleep's benefits are being rediscovered - from the world of sports and technology to college campuses, the hotel industry, and even workplaces around the world - she points the way forward to amazing innovations, reforms, and inventions rooted in our new love affair with sleep. In today's 24/7, fast-paced, always-connected, perpetually harried, and sleep-deprived world, the hunger for sleep is only getting stronger. *The Sleep Revolution* both sounds the alarm on the worldwide sleep crisis and offers a road map for how we can take back our sleep and transform our lives and our world.

## Book Information

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Fitness #55 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep

Disorders #127 in Books > Audible Audiobooks > Health, Mind & Body > Health

## Customer Reviews

It's like someone Googled everything the Internet had to say about sleep and pasted it into a book with minimal editing. There is no filtering in a sense of the quality of studies and science that are referred to in the book. A lot of the author's claimed problems with our modern daily lives that prevent us from sleeping will probably just make you end up more paranoid about losing sleep and as a result have a harder time sleeping. I recommend instead - say goodnight to insomnia by Gregg Jacobs. An author experienced in the subject and providing higher quality content in less words. Helped change my sleeping habits significantly. Sleep well.

I thought it was actually a lot of fluff. A lot about the history and story of sleep which I didn't find interesting at all. The amount of information about how to sleep better was very thin. I can't recommend this book. There are a lot of better, more informative books out there. Sorry Arianna.

It is meeting and exceeding my expectations. I am still reading it. I read like a snail crawling backwards so this 400 page book will take a while longer: I do a few other things in the day than read. And since reading this book and recognizing that I am sleep-deprived, I do not stay up reading half the night. Nevertheless, it's GOOD INFORMATION AND IDEAS! Thank you, Norman Bouffard, Ph.D.

Everything you ever wanted to know about sleep, sleep disorders, and sleep aids. Very well written. Easy to read and very entertaining. Well documented.

A well-written book with good information for sleep-deprived workers. Much of the author's data

have already been published elsewhere, especially in medical journals and textbooks. This volume cautions the uninformed population not to neglect sleep in their daily lives.

Sleep is critical and when it comes to hours in the day - this is a time we tend to cheat ourselves. I not only read this book but I am putting it into practice!

Helped me to see how little regard I had placed on getting a good night's rest..... Also provided suggestions for changes I could make. I am trying to use what I have learned from this book to make some positive changes. Results so far have been promising./

This book was incredibly informative. I truly enjoyed learning about the history of sleep, the value of sleep, and her tips and tricks for success. After reading this, I'm almost scared to get less than 8 hours a night hahaha. I gave it 4 stars because while the research backing her statements is solid - it was almost too much. Every other sentence would refer back to a study, which inhibited the flow of the reading for me. Overall though, -absolutely worth a read!

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