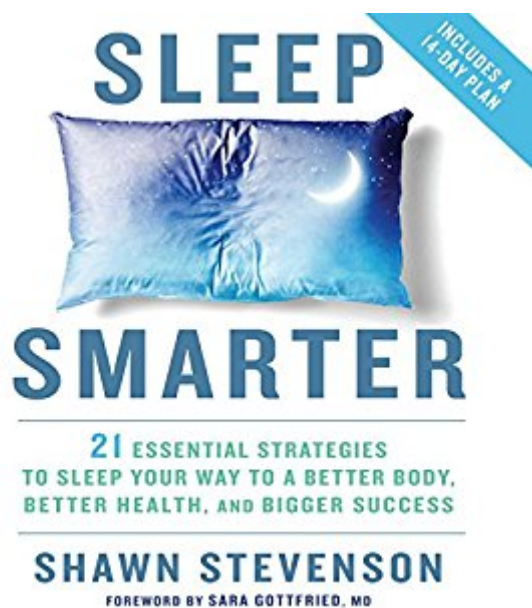




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# Sleep Smarter: 21 Essential Strategies To Sleep Your Way To A Better Body, Better Health, And Bigger Success



## 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

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## 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 its 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.

GREAT BOOK FOR INSOMNIACS!! I learned a great deal and I hope to apply what I have learned to help my sleep. I learned about this book via Dr. Sara Gottfried who had written the "forward" to this book. (I had read Dr. Sara's phenomenal books on hormones and aging). I am a physician assistant so I have a medical background to understand the science mentioned in Shawn Stevenson's book, BUT he writes to make it easy for anyone to comprehend which is fabulous!

Also, the author's great sense of humor shines through which keeps the book interesting. I LOVE this book and I will purchase one for everyone I know with sleep issues. This book can seriously add years to your life by providing incredible tips on not just how to sleep 7.5-8 hours, but to sleep QUALITY HOURS. (Thus the name, "Sleep SMARTER.") . You will learn important information by a great guy with a wonderful personality! After I read this book, I bought another, and now I will buy three more so my family & friends can improve their lives too! Sleep is more important than most people realize.... and quality sleep is more important than I realized! I did not know my sleep was not true quality until this book. For example, I did not know that sleeping between the hours of 10pm to 2am are the most important hours to be sleeping since we receive the largest release of human growth hormone (youth hormone). Who knew? Seriously a great read if you would like to feel more youthful and your best self. Please know this book is not at all boring... instead I was entertained while learning this pertinent info.PS: I am upset though that I bought one, and two days later I decided to buy another (for my mother) and the price increased dramatically!! paid almost \$5.00 more for this exact same book two days ago on from the same seller.

Who knew sleep was more important than diet and exercise? Not me, until I read Sleep Smarter! I thought I was doing everything right by lifting heavy, fitting in several HIIT sessions a week, cooking all of my own meals with fresh, whole foods, and keeping active all day. My only downfall was sleep, but I easily shrugged that off.After reading Sleep Smarter, I have been ....sleeping smarter, and, wow, I never knew I could feel so much better just from laying in bed and sleeping. I'm a long time follower of Shawn Stevenson on his Model Health Show podcast and just like on his show, he lays out the info in a format you can't help but to absorb and put into practice.With my goal to increase strength seeming to take forever before, I'm actually getting results now that I make sleep a priority. Seriously, everyone needs to read this and learn how and why sleep is vital to our entire health and well-being. Not to mention relationships are much better when we get good sleep. :)

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