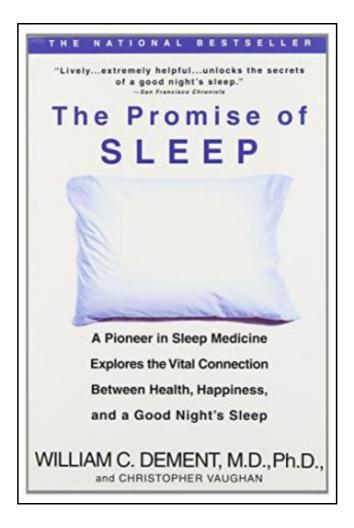
The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Nights Sleep



Filesize: 4.24 MB

Reviews

Thorough information! Its such a excellent read. It is really simplistic but unexpected situations within the fifty percent of your pdf. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Johnathon Moore)

THE PROMISE OF SLEEP: A PIONEER IN SLEEP MEDICINE EXPLORES THE VITAL CONNECTION BETWEEN HEALTH, HAPPINESS, AND A GOOD NIGHTS SLEEP



To save The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Nights Sleep PDF, please follow the web link beneath and save the ebook or get access to other information which are relevant to THE PROMISE OF SLEEP: A PIONEER IN SLEEP MEDICINE EXPLORES THE VITAL CONNECTION BETWEEN HEALTH, HAPPINESS, AND A GOOD NIGHTS SLEEP ebook.

Dell. Paperback. Book Condition: New. Paperback. 512 pages. Dimensions: 9.1in. x 6.1in. x 1.5in. Sleep better, live longer with the groundbreaking information and step-by-step program in this revolutionary book. Healthful sleep has been empirically proven to be the single most important factor in predicting longevity, more influential than diet, exercise, or heredity. And yet we are a sleep-sick society, ignorant of the facts of sleep--and the price of sleep deprivation. In this groundbreaking book, based on decades of study on the frontiers of sleep science, Dr. William Dement, founder and director of the Stanford University Sleep Research Center, explains what happens when we sleep, when we dont, and how we can reclaim the most powerful--and underrated-health miracle of all. Taking us on a fascinating tour of our sleeping body and mind, Dr. Dement reveals the price we have paid for ignoring sleep--an epidemic of heart disease, 33 percent of traffic-fatigue-related accidents, and immeasurable mental and psychological disadvantages. And he offers a hands-on prescription for vibrant good health and longevity, including. . . self-tests to determine how much sleep you really need. . . the role of prescription and over-the-counter sleeping aids. . . the latest research on how sleep affects the immune system... how to combat insomnia, snoring, and jet lag... plus information on sleep disorder clinics nationwide, Web sites, and more. Taking readers on a fascinating tour of our sleeping body and mind, Dr. William C. Dement reveals the price paid for ignoring sleep--an epidemic of heart disease, traffic-fatigue-related accidents (responsible for a full third of all traffic accidents), and immeasurable mental and psychological disadvantages. Offering a hands-on prescription for vibrant good health and longevity, THE PROMISE OF SLEEP includes self-tests to determine how much sleep you really need, full information on the role of prescription...

Read The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Nights Sleep Online

Download PDF The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Nights Sleep

Other Books



[PDF] The Poems and Prose of Ernest Dowson

Access the hyperlink beneath to get "The Poems and Prose of Ernest Dowson" file.

Save Book »



[PDF] Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire

Access the hyperlink beneath to get "Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire" file.

Save Book »



[PDF] Scholastic Discover More My Body

Access the hyperlink beneath to get "Scholastic Discover More My Body" file.

Save Book »



[PDF] Scholastic Discover More Animal Babies

Access the hyperlink beneath to get "Scholastic Discover More Animal Babies" file.

Save Book »



[PDF] The Secret Life of Trees DK READERS

Access the hyperlink beneath to get "The Secret Life of Trees DK READERS" file.

Save Book »



[PDF] Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Access the hyperlink beneath to get "Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One" file.

Save Book »