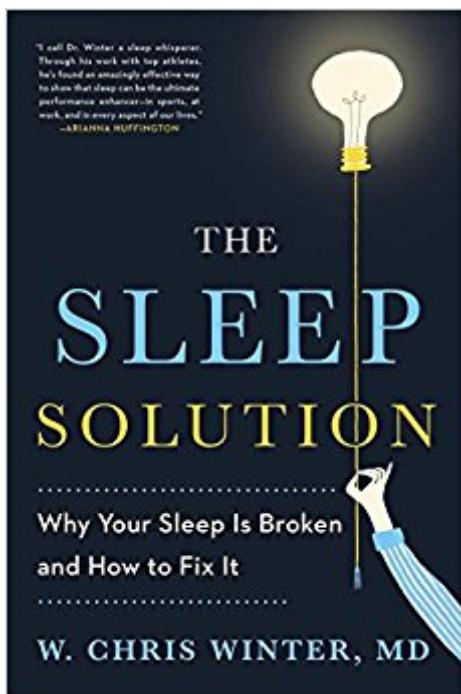


The book was found

The Sleep Solution: Why Your Sleep Is Broken And How To Fix It



Synopsis

With cutting-edge sleep science and time-tested techniques, The Sleep Solution will help anyone achieve healthy sleep and eliminate pills, pain, and fatigue. If you want to fix your sleep problems, Internet tips and tricks aren't going to do it for you. You need to really understand what's going on with your sleep—both what your problems are and how to solve them. The Sleep Solution is an exciting journey of sleep self-discovery and understanding that will help you custom design specific interventions to fit your lifestyle. Drawing on his twenty-four years of experience within the field, neurologist and sleep expert W. Chris Winter will help you: Understand how sleep works and the ways in which food, light, and other activities act to help or hurt the process. Learn why sleeping pills are so often misunderstood and used incorrectly—and how you can achieve your best sleep without them. Incorporate sleep and napping into your life—whether you are a shift worker, student, or overcommitted parent. Think outside the box to better understand ways to treat a multitude of conditions—from insomnia to sleep apnea to restless leg syndrome and circadian sleep disorders. Wade through the ever-changing sea of sleep technology and understand its value as it relates to your own sleep struggles. Dubbed the "Sleep Whisperer" by Arianna Huffington, Dr. Winter is an international expert on sleep and has helped more than 10,000 patients rest better at night, including countless professional athletes. Now, he's bringing his experiences out from under the covers—redefining what it means to have optimal sleep and get the ZZZs you really need...INCLUDES TIPS, TRICKS, EXERCISES, AND ILLUSTRATIONS

Book Information

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Customer Reviews

â œl call Dr. Winter a sleep whisperer. Through his work with top athletes, heâ ™s found an amazingly effective way to show that sleep can be the ultimate performance enhancerâ "in sports, at work, and in every aspect of our lives.â •â "Arianna Huffingtonâ œ[Winterâ ™s] well-written explanation of what sleep is and what can disrupt it shows how to make the most of the sleep you do get.â •â "Library Journalâ (starred review) Â â œUntil I met Chris Winter, I slept like a baby: I woke every two hours and cried. Then Dr. Winter helped me develop sleep rituals that knocked me out. He was my sleep solution; this book will be yours.â •â "Peter Moore, New York

Timesâ Bestselling Coauthor of the The Eight-Hour Diet and Former Editor of Menâ ™s Health Â â œDr. Winterâ has spent his career bringing attention to the benefits of sleep, and for the first time, this book brings it all together. Heâ has written an important resource for those of us in the field of professional sports as well as ordinary people who arenâ ™t experiencing the full benefits of sleep.Â His professional experiences and research have assisted with bringing to light the impact sleep has on our athletes within their sport.â •â "Ben Potenziano, Assistant Athletic Trainer, Pittsburgh Pirates, and Former Strength and Conditioning Coordinator, San Francisco Giants Â Â â œChris is world-class in his field; he is incredibly pragmatic in his application of medicine to real-world, high-performance settings.â •â "Mark Simpson, Director of Performance, Los Angeles Clippers Â â œA fresh, comprehensive look at the vital nature of good sleep and its relation to our thriving wellness.â •â "Herm Schneider, Head Athletic Trainer, Chicago White Sox Â â œDr. Chris Winterâ ™s new work, The Sleep Solution, is a jewel of a book for anyone who has struggled with sleep issues.â •â "Ron Adams, Veteran Assistant Coach, Golden State Warriors Â â œDr. Winter is our go-to sleep specialist. In The Sleep Solution, you will find much of what he has shared with our athletes as he has helped us navigate the rigorous NBA schedule.â •â "Donald S. Strack, DPT, ATC, Director of Medical Services, Oklahoma City Thunder Â â œIn the baseball industry, the travel, change in time zones, and just sleeping in a different bed are not easy. I have leaned on Dr. Winter many times. Thank you, Chris.â •â "Ron Porterfield, Athletic Trainer, Tampa Bay Rays

Dr. Winter is a board-certified and internationally recognized sleep medicine specialist, as well as a board certified neurologist. His unique way of explaining sleep has made him a highly sought after speaker and consultant for professional sports organizations with clients including the San Francisco Giants, the New York Rangers, and the Oklahoma City Thunder. He also regularly consults with United States military groups as well as business and large corporations. In addition to his consultative activities, Dr. Winter has a large media presence. Since 2008, Dr. Winter has served as the Menâ ™s Health magazine Sleep Advisor. He regularly blogs for The Huffington Post,

and has written or contributed material to a wide variety of print outlets including Womenâ™s Health, Runnerâ™s World, Triathlete, and Details. He has made many television appearances, including on Fox News, and has been heard on radio programs from New Orleans, to London, to South Korea.

I have suffered from insomnia and staying awake for up to two hours frequently during each night's sleep for the past five years. That includes going into another room and reading for a while to rid myself of the anxiety I've experienced from not being able to go back to sleep. I've also read in the past Say Good Night to Insomnia by Harvard Doctor Gregg Jacobs, The Sleep Revolution by Huffington as well as numerous articles in magazines, and on the Internet. All of them gave helpful advice, but did not assist me from still eliminating the getting up and having to go in another room to read in order to get to a point to be able to go back to sleep....After reading The Sleep Solution which changed my outlook on Insomnia and my attitudes toward my Insomnia problem, I am now able to lay in bed and go back to sleep in a reasonable length of time when I wake up in the middle of the night without having to get up and go into another room and read first.I really didn't need a new bag of tricks to go back to sleep, just a better understanding of the problem and applying the principles outlined in the two chapters on Insomnia. I recommend this book whole heartedly based on my experience since reading and applying the details in the contents of the book.....By the way I've used the Kindle version of the book.

If you struggle with sleep or if you want to learn more about one of the "3 pillars of health that you can actually change" then this is the book for you! Dr. Winter has the unique ability to write as if he is speaking directly to you! He is hilarious and engaging. If you have trouble sleeping or are just looking to learn more about sleep, or simply want to be entertained this is a must read!!! I bought the audible version as well and highly recommend it as well!

Fantastic book! Scientific yet written with a sense of humour and really easy to read.

I've had difficulty with sleeping for many years. This book reassured me that I wouldn't die directly from loss of sleep. It provided information to expand my understanding of sleep. The author also provided many helpful and workable solutions. I recommend this book- think it would help a lot of sleepless people.

If you're interested in understanding how sleep really works and how to make this essential part of our lives better this is a must have book! Sleep makes life better, and Dr. Winter's lays out the details in to allow for very personal solutions.

Great and complete information, delivered in an interesting, and sometimes humorous fashion. If you have trouble sleeping, it's a must read!

A fun read on a potentially scary topic. Good natured, witty and reassuring, though no miracle cure. It does help put things in perspective.

The book provided interesting graphs on brain waves during various levels of sleep, but his constant effort at being a comedian throughout the book was pathetic and distracting. The author also seemed intent on repeatedly telling the reader how tough he had it as a Resident in training. He mercifully avoided going into depth the information popularly repeated in articles about sleep. There were some insights, but I was still left very hungry for information about sleep after reading the book.

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