The Sleep Book How To Sleep Well Every Night | fc394896a925a0295db376051ef06e86

How Babies SleepThe Stanford Sleep BookTime to SleepSleep and AffectThe Book of SleepThe Sleep FixWhy We SleepDr. Seuss's Sleep Book: Read & Listen EditionWhere to SleepThe Sleep RevolutionThe Baby Sleep BookThe Book of SleepSleep&Say Good Night to InsomniaTreating Sleep ProblemsWhy We Can't SleepAnd Sleep and HealthThis Book Will Make You SleepA Book of SleepDr. Seuss's Sleep Softly BookThe Calm and Cozy Book of SleepHow Do You Go to Sleep?Go the F**k to SleepWake Up to SleepThe Sleep Book for Tired ParentsThe Sleep SolutionThe Science of SleepThe Sleep WorkbookThis Book Will Put You to SleepSleepBetter Sleep, Better YouThe Magic of SleepThe Little Book of SleepThe Gentle Sleep BookThe Sleep Lady's Good Night, Sleep TightThe Sleep BookThe Effortless Sleep MethodThe Newborn Sleep BookSleep TrainHow to Sleep Well

Everything you need to know about getting your baby or toddler to sleep—from America's foremost baby and childcare experts. Babies don't automatically know how to sleep through the night; they need to be taught. The Sears family has learned from decades of pediatric practice, bolstered by their own parenting experiences, that different babies have different nighttime temperaments -- and, of course, different families have different lifestyles. Instead of espousing the kind of "one method fits all" approach advocated in other baby sleep guides, the Sears family explains how you can create a sleep plan that suits the needs of your entire family. With a sharp focus on the practical tools and techniques, The Baby Sleep Book covers such topics as: The facts of infant sleep vs. adult sleep Figuring out where, when, and how your child sleeps best Fail-safe methods for soothing a crying infant How to make night time nursing easier, and how to stop Nighttime mothering tips Whether co-sleeping makes sense for you NAP-time strategies that work Medical and physical causes of night waking Sleep habits in special situations such as traveling, teething, and illness 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 really understand them. The Sleep Solution is an exciting journey of sleep self-discovery and understanding that will help you 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 ILLUSTRATIONSW e all go through patches when we find it hard to sleep. Either we have problems dropping off at night or we wake in the early hours with thoughts buzzing round in our minds. Sometimes it seems impossible to get that elusive night's sleep so we badly crave, but this book will show you how to break negative patterns, get more rest and improve your well-being. Dr. Jessamy Hibberd and Jo Usmar draw on the very latest developments in cognitive behavioral therapy (CBT), to guide you through proven techniques to help you get your sleep patterns back on track. You will feel rested, happier, and immediately reap the benefits in your everyday life. Understand sleep Banish bad habits Tips for winding down Sleep-inducing strategies Control your sleeping environment Common myths bustedThe Little Book of Sleep is a beautifully colour-illustrated guide to achieving deep, natural, clean sleep. Sleep expert Dr. Nerina Ramlakhan explains why a good night's sleep is essential in today's demanding, 24/7, technology-driven world, introduces us to the science of sleep and teaches us that the secret of good sleep is to get out of our head and back into our body. Using a unique combination of Eastern and Western practices, including yoga, ayurveda and body-awareness techniques, and with an abundance of invaluable advice and techniques, Dr. Nerina guides the reader on their personal journey back to sleep. Make excellent sleep a life-changing reality for you--now. New science has revealed the importance of sleep as one of the foundations of good health. Take control of your sleep with more than 40 proven strategies, based on a 360-degree approach to achieving excellent sleep. Find targeted meditation, movement, and breathing exercises; discover how light, color, and sound could hold the key to healthy sleep; and find out how to get to the root of the underlying causes of chronic sleep problems. Reset your sleep patterns to suit your lifestyle and draw on practical techniques to overcome common sleep disruptors, including stress, jet lag, and shift work. Let the dream of better sleep become a life-changing reality.Proven solutions for a better night's sleep, from the "sleep guru" to elite athletes--rest for success in work, sports, and life One-third of our lives—that's 3,000 hours a year—is spent trying to sleep. The time we spend in bed shapes our moods, motivation, alertness, decision-making skills, reaction time, creativity in short, our ability to perform, whether at work, at home, or at play. But most of us have disturbed, restless nights, relying on over-stimulation from caffeine and sugar to drag us through the day. The old eight-hour rule just doesn't work, and it's time for a new approach. Endorsed by leading professionals in sports and business, Sleep shares a new program to be your personal best. Nick Littlehales is the leading sport sleep coach to some of the biggest names in the sporting world, including record-breaking cyclists for British Cycling and Team Sky, international soccer teams, NBA and NFL players, and Olympic and Paralympic athletes. Here, he shares his proven strategies for anyone to use. You'll learn how to map your unique sleep cycle, optimize your environment for recovery, and cope with the demands of this fast-paced, tech-driven world. Read Sleep and rest your way to a
Online Library The Sleep Book How To Sleep Well Every Night

more confident, successful, and happier you. From renowned ABC News anchor/correspondent and former insomniac Diane Macedo, comes a practical, user-friendly guide to getting better sleep. The Sleep Fix flips the switch on common advice, illuminating the reporter's relentless search for how to get a good night's sleep and the surprising, scientific, and practical solutions she found along the way. Roughly thirty percent of the population is estimated to be living with insomnia, while many more unknowingly suffer from other sleep disorders. In The Sleep Fix, Macedo aims to change that with perspective-shifting research and easy-to-implement solutions based not just on science and experts, but also her own years-long struggle. As an early-morning reporter and overnight news anchor, Macedo learned the hard way how valuable sleep is, and how it affects everything from our heart to our brain to our immune system. The longer Macedo struggled, the more her health deteriorated. Desperate, she tried standard sleep tips after standard sleep tip, but nothing worked - instead, it made her worse. Finally, after developing a tolerance to sleeping pills, Macedo decided to attack the problem as a journalist, interviewing sleep experts from all over the world to get to the bottom of what really keeps us up from sleeping — and the various ways to fix it. As Macedo explains, the solution to catching zzz's isn't as simple as giving up caffeine, or putting away your phone before bed. With her down-to-earth explanations and humor, she instead teaches us how to: • Understand sleep biology • Identify sleep obstacles • Flag sleep myths and separate fact from fiction • Try counterintuitive approaches • Shift our mindset Most importantly, Macedo — a busy, working mom — teaches us how to adjust and fit these solutions into our everyday lives. Offering expert wisdom, cutting-edge research, intimate sleep stories from public figures, and actionable advice, The Sleep Fix is the tell-it-like-it-is guide this sleep-deprived world has been waiting for. The go-to guide to getting infants and toddlers to fall and stay asleep, completely revised and updated Kim West, LCSW-C, known to her clients as The Sleep Lady®, has developed an alternative and effective approach to helping children learn to gently put themselves to sleep without letting them "cry it out" -- an option that is not comfortable for many parents. Essential reading for any tired parent, or any expectant parent who wants to avoid the pitfalls of sleeplessness, Good Night, Sleep Tight offers a practical, easy-to-follow remedy that will work for all families in need of nights of peaceful slumber! New material and updates include: New yoga recommendations Updated information for parents of young infants Expanded information on nighttime potty training Ending co-sleeping Sleep training for twins and multiples The ability to sleep soundly, naturally and unaided is the desire of every chronic insomniac. This method will guide you to rediscovering your innate ability to sleep without pills, potions or external sleep aids. Follow along as three children learn about the bedtime routines of squirrels, parrots, dolphins, and many more. Merry's sleep in a stack. Is that how these kids go to sleep? Or do they hibernate in snow all winter long like frogs? Or maybe they sleep the day away like skunks? No, that can't be right! By the book's conclusion, the kids have imitated all kinds of animals who are portrayed sleeping in their natural habitats, thanks to Sydney Hanson's charming illustrations. Readers will recognize the way the human child eventually goes to sleep—with stuffed animals, a bedtime story, and a kiss good night!The #1 New York Times Bestseller: "A hilarious take on that age-old problem: getting the beloved child to go to sleep" (NPR). "Hell no, you can't go to the bathroom. You know where you can go? The f**k to sleep." Go the Fuck to Sleep is a book for parents who live in the real world, where a few snoozing kittens and cutesy rhymes don't always send a toddler sailing blissfully off to dreamland. Profane, affectionate, and radar, the book has earned the familiar—and unspoken—tribulations of putting your little angel down for the night. Read by a host of celebrities, from Samuel L. Jackson to Jennifer Garner, this subversively funny, bestselling storybook will not actually put your kids to sleep, but it will leave you laughing so hard you won't care. NEW UPDATED VERSION NOW SUITABLE FOR ALL DEVICES A third of the population sleep badly, but now THE SLEEP BOOK's revolutionary five-week plan means that you don't have to be one of them. Using a blend of mindfulness and new ACT therapy techniques, Dr Guy shares his unique five-week plan to cure your sleep problem whether it's a few restless nights or a lifetime of insomnia. Most people who have trouble sleeping invest a huge amount of time, effort and money into fixing the problem, but Dr Guy has discovered the secret lies not in what you do, but what you learn not to do. In fact, as you will have discovered, the more frustrated you become only serves to push sleep further away. Dr Guy's pioneering methods at The Sleep School clinic have been an unprecedented success. By popular demand, his highly effective and 100% natural insomnia remedy is now here in this book. THE SLEEP BOOK is the sum of a doctorate degree in sleep and well over 12,000 hours spent working with more than 2,000 insomniacs in one-to-one clinics, workshops and retreat environments. Say goodbye to the vicious cycle of sleepless nights. Sleep well, maintain a positive outlook and restore the quality of life you deserve - for good.Clear and practical, the book explains how sleep works and why it can become a problem, helps parents to select the option that is right for them and provides step-by-step guidance to help them carry it out. Originally published: U.S.: Seattle, Parenting Press, 1991; London: Souvenir, 1992. Now in paperback, The Book of Sleep is a landmark in contemporary Arabic literature. What is sleep? How can this most unproductive of human states--metaphorically called death's shadow or considered the very pinnacle of indolence--be envisioned as action and agency? And what do we become in sleep? What happens to the waking selves we understand ourselves to be? Written in the spring of 2013, as the Egyptian government of President Mohamed Morsi was unraveling in the face of widespread protests, The Book of Sleep is a landmark in contemporary Arabic literature. Drawing on the devices and forms of poetry, philosophical reflection, political analysis, and storytelling, this genre-defying work presents us with an assembly of fragments that combine and recombine, circling around their central theme but refusing to fall into its gravity. "My concern was not to create a literary product in the conventional sense, but to try and use literature as a methodology for thinking," El Wardany explains. In this volume, sleep shapes sentences and distorts conventions. Its protein instability throws out memoir and memory, dreams and hallucinatory reverie, Sufi fables and capitalist parables, in the quest to shape a question. The Book of Sleep is a generous and generative attempt to reimagine possibility and hope in a world of stifling dualities and consistencies. Conquer anxiety-induced insomnia with your mind--a workbook for rethinking sleep If you are among the 1/3 of adults in the United States dealing with the vicious cycle of chronic sleep disruption, you can put your worries to bed. The Sleep Workbook uses the scientifically proven Cognitive Behavioral Therapy for Insomnia (CBT-I) to change your thinking, improve your life, and help you get a good night's rest. By
following easy-to-understand and easy-to-follow steps, you can reduce anxiety, change detrimental sleep habits, and sleep more easily. CBT-I can help you make measurable positive changes, boost your confidence, and have more energy to do the things that matter. Before turning to options like sleeping pills, take the time to understand your insomnia and change the things you have full control over--your thoughts and behavior. The Sleep Workbook contains: Personal experience--Use self-assessments, journal prompts, and self-reflective questions to fully grasp your underlying issues. Success rate--About 80% of people who complete CBT-I show long-term sleep improvement. A stronger you--As you learn to combat anxiety and other types of mood disorders, you'll likely increase your self-confidence because you were able to help yourself. No more counting sheep for you! Break the sleepless nights and start your days refreshed. Sleep and Affect: A assessment, Theory, and Clinical Implications synthesizes affective neuroscience research as it relates to sleep psychology and medicine. Evidence is provided that normal sleep plays an emotional regulatory role in healthy humans. The book investigates interactions of sleep with both negative and positive emotions, along with their clinical implications. Sleep research is discussed from a neurobiological, cognitive, and behavioral approach. Sleep and emotions are explored across the spectrum of mental health from normal mood and sleep to the pathological extremes. The book, additionally, offers researchers a guide to methods and research design for studying sleep and affect. This book will be of use to sleep researchers, affective neuroscientists, and clinical psychologists in order to better understand the impact of emotion on sleep as well as the effect of sleep on physical and mental well-being. Contains neurobiological, cognitive, and behavioral approaches Explains methods for examining sleep and affect Summarizes research on sleep and specific affect states Translates research for clinical use in treating disorders Sleep is the most important part of anyone's journey to a healthy and happy life, and with this book you can learn how to fix your sleep schedule and recover precious hours of relaxation. If you're like most people, odds are you aren't getting enough sleep. Thanks to shifts in our culture America is in the midst of an epidemic of sleeplessness, and unfortunately, sleep deprivation has bigger consequences than one might think, ranging from irritability, brain fog, and weight gain to serious conditions like hormone dysregulation, heart disease, memory impairment, diabetes, and Alzheimer's. In Better Sleep, Better You, functional medicine pioneer and sleep expert Frank Lipman, M.D., and Casper co-founder Neil Parikh team up to offer a one-stop resource to help you reap the benefits of sleeping well every night. Unlike the dozens of articles offering a "quick fix" for insomnia, Lipman and Parikh understand that there's no such thing as a one-sleep-fits-all solution. By clearly explaining the latest developments in sleep science and all the factors that affect your sleep--including when and how you eat and exercise, how you handle stress, how you nap, and how you engage with technology--Better Sleep, Better You helps readers create a personalized sleep protocol that works for their lifestyle and needs. Packed with fascinating science, engaging case studies, and easy-to-implement practical advice, Better Sleep, Better You provides everything you need to optimize your sleep, productivity, and happiness--for life. Sleep and Health provides an accessible yet comprehensive overview of the relationship between sleep and health at the individual, community and population levels, as well as a discussion of the implications for public health, public policy and interventions. Based on a firm foundation in many areas of sleep health research, this text further provides introductions to each sub-area of the field and a summary of the current research for each area. This book serves as a resource for those interested in learning about the growing field of sleep health research, including sections on social determinants, cardiovascular disease, cognitive functioning, health behavior theory, smoking, and more. Highlights the important role of sleep across a wide range of topics A addresses important topics such as sleep disparities, sleep and cardiometabolic disease risk, real-world effects of sleep deprivation, and public policy implications of poor sleep Contains accessible reviews that point to relevant literature in often-overlooked areas, serving as a helpful guide to all relevant information on this broad topic area W hen the sky grows dark and the moon glows bright, everyone goes to sleep--except for the watchful owl! With a spare, soothing text and beautifully rich and textured illustrations of a starry night, this is the perfect "book of sleep." Join the owl on his moonlit journey as he watches all the other animals settle in for the night: some sleep standing up, while some sleep on the move! Some sleep peacefully alone, while others sleep all together, huddled close. If Sung Na makes his American debut with this gorgeous bedtime offering. While each animal rests in its own special way, little ones will also drift off to a cozy sleep. All asleep, stay asleep, wake up rested--proven strategies for beating insomnia. Make your bed and actually sleep in it. The Book of Sleep provides dozens of quick, easy, and evidence-based strategies that are more effective and sustainable than sleep medication for people who suffer from insomnia. Based in CBT-I (cognitive behavioral therapy for insomnia), the techniques in this book were developed by a clinical psychologist who specializes in insomnia treatment. Find the relief you need and wake up feeling truly restored. A good night's sleep isn't just a dream anymore. The Book of Sleep includes: Stand-alone strategies--Each helpful strategy is complete by itself so you can pick this book up anywhere and find help. What's your sleep pattern?-- K eep a daily log of the quantity and quality of your sleep so you can remember details that are helpful in addressing your insomnia. Sleep tight--From kicking caffeine to keeping cool, get pointers on how to properly set the stage for restful sleep. Rise and truly shine. Follow the 75 effective sleep methods in this book and get out of bed feeling your best. A perfectly pitched bedtime story and counting book for sleepy train lovers, illustrated in dramatic 3D sculptures! A little boy climbs into bed with a book and starts counting the train cars in it, between the engine and caboose. "Ten sleepy cars going clickety-clack," reads the refrain. But as the boy counts cars and gets sleepier and sleepier, his room looks more and more like one of the train cars from his book--the sleeping car, of course! Rhythmically told by the author of the Froggy books, Sleep Train is also stunning to look at. 3D illustrator, Lauren Eldridge, has sculpted an entire train full of intricate details. Part bedtime story, part counting book, part children's fantasy, Sleep Train is a magical ride to dreamland. Introduction by Dr. Herbert Benson, author of The Relaxation Response A drug-free, scientifically proven program for conquering insomnia in six weeks. At least thirty million adults are the stress of severe, chronic insomnia, and the numbers of sufferers are growing. Dr. Gregg Jacobs has used the six-week program offered in Say Good Night to Insomnia to help thousands of insomnia sufferers at the Behavioral Medicine Insomnia Program at Boston's Beth Israel Deaconess Medical Center, a major Page 3/6
teaching hospital of Harvard Medical School. The program succeeds by helping insomniacs change the way they think about sleep, making it a friend instead of an enemy. Among the many topics addressed are these: * Developing a sleep enhancing lifestyle including diet, exercise, and an understanding of the importance of body temperature * Stopping a dependency on sleeping pills * Managing negative emotions, stress, and anxiety * Quieting the mind and body to enhance inner feelings of peace * Say Good Night to Insomnia is an empowering book that lets insomniacs control their minds and bodies by giving them the knowledge and techniques to overcome their problem forever. When Bear notices that winter is nearly here he hurries to tell Snail, after which each animal tells another until finally the already sleeping Bear is awakened in his den with the news. Reprint. It has never been more important to sleep well. Stop sabotaging your own sleep and finally wake up energized and refreshed. How to Sleep Well is a guidebook that can change your sleep and help you live your life more fully. Whether you struggle to fall asleep, sleep too lightly, wake too often or simply cannot wake up, this book can help you get on track to sleeping well and living better. It all starts with the science of sleep: how much you really need, what your body does during sleep and the causes behind many common sleep problems. Next, you'll identify the things in your life that are disrupting your sleep cycle and learn how to mitigate the impact: whether the pressure of workplace or you simply cannot quiet your own mind, these expert tips and tricks will help you get the sleep you need. Finally, you'll learn how to support healthy sleep during the waking hours — what works with or against your sleep — and you'll learn when the problem might be best dealt with by your GP. Don't spend another restless night waiting for a bleary, groggy morning and sleepy day. Take control of your sleep tonight! Learn how sleep — or a lack thereof — affects every aspect of your life. Identify the root causes of your sleep issues and cut them off at the source. Discover the sleep advice that works, and the tips that are just plain daft. Create a healthy, calming bedtime routine that will help you get the rest you need. Sleep affects everything. Work and school performance, relationships, emotional outlook, your appearance and even your health. Sleeping poorly or not sleeping enough can dramatically impact your quality of life, but most sleep problems can be solved with a bit of self-adjustment. How to Sleep Well puts a sleep expert with over 36 years' experience at your disposal to help you finally get the restful, restorative sleep you need to live better and be productive. *This book had its genesis in the need created by my involvement with undergraduate teaching starting in the Fall of 1970 when I was a resident fellow and taught a course on sleep for the students in my dormitory. The course began to attract other students and because of this I decided to offer a formal presentation in Winter Quarter 1971 and I have offered a course on sleep annually up until Winter Quarter 2003. Sleep and Dreams was not offered in 2004 or 2005 but due to high student demand, we resurrected the course for the Winter Quarter 2006. A round about 200 students attended the course. The course survives on word-of-mouth and there are always waiting lists for enrollment. This is a course that is very high in the student evaluation surveys.
approach common issues including frequent waking, night terrors and bedtime refusal. Sarah's practical suggestions for each developmental stage include how to create a consistent bedtime routine and optimal conditions for sleep, the effect of diet, and how to use comfort objects effectively. This revised and updated edition includes new chapters providing specific advice on daytime naps (when and how to drop them) and how to take care of your own needs and emotions during the early years of disrupted sleep, because your feelings and health matter too. A rian Hasson, the co-founder and editor-in-chief of The Huffington Post, and the author of The #1 New York Times bestseller Thrive dives into the sleep revolution that is happening all across the world - a revolution that can transform our lives. We often hear that humans spend one third of their lives sleeping— and most of us would up that fraction if we could. Whether we're curling up for a brief lunchtime catnap, catching a doze on a sunny afternoon, or clocking our solid eight hours at night, sleeping is normally a reliable way to rest our heads and recharge our minds. And our bodies demand it: without sufficient sleep, we experience changes in mood, memory loss, and difficulty concentrating. Symptoms of sleep deprivation can be severe, and we know that sleep is essential for restoring and rejuvenating muscles, tissue, and energy. And yet, although science is making remarkable inroads into the workings and functions of sleep, many aspects still remain a mystery. In The Science of Sleep, sleep expert Wallace B. M endelson explains the elements of human sleep states and explores the variety of sleep disorders afflicting thousands of people worldwide. M endelson lays out the various treatments that are available today and provides a helpful guide for one of life's most important activities. By offering the first scientific yet accessible account of sleep science, M endelson allows readers to assess their personal relationships with sleep and craft their own individual approaches to a comfortable and effective night's rest. Adressing one of the major public health issues of the day with cutting-edge research and empathetic understanding, The Science of Sleep is the definitive illustrated reference guide to sleep science. An interactive, touch-and-feel story invites toddlers to explore the soft beds, bellies and pillows of iconic sleepy characters, in an edition published to commemorate the 50th anniversary of the classic, Dr. Seuss's Sleep Book. It is sadly true that it is not always easy to fall asleep. This gently amusing, highly effective anthology of soporific dullness has been carefully curated to put readers to sleep as quickly as possible. With a pillow case wrap, stylitifying illustrations, and pages of sheep to count, this giftable godsend for the under-rested features dozens of snoozy short texts, including "The Motel of Sand Dunes," "The Administrative Bureaucracy of the Byzantine Empire," "W hite Noise: A Technical Explanation," and many dozens more— though good luck reading very far on any one evening. Insomnia will also appreciate "A Staring Contest with Fifty Cats," "Some Interesting Mathematical Theorems," "The Dullest Entries from Interesting Diaries," and other zzzzzzzz. This practical manual presents an innovative modular treatment for adults and adolescents with a wide range of sleep and circadian rhythm problems, such as insomnia, daytime sleepiness, poor sleep quality, and irregular sleep-wake schedules. The treatment applies broadly to all individuals with sleep problems, including those with psychiatric disorders. It is grounded in a cutting-edge understanding of sleep health and integrates elements of cognitive-behavioral therapy for insomnia (CBT-I), interpersonal and social rhythm therapy (IPSRT), and other evidence-based therapies. Each module is described in detail, including specific practitioner guidance, sample scripts, developmental adaptations, and tips for enhancing motivation. Purchasers get access to a Web page where they can download and print the book's 17 reproducible client handouts in a convenient 8 1/2" x 11" size. Discover the best baby sleep method— gentle, science-backed, and inspired by the latest Nobel Prize-winning research— that shows you how to get your baby to sleep through the night naturally. Sleep—or the lack of it— is one of the most crucial issues for new parents. Newborn babies typically wake every two to three hours, and there's nothing bleary-eyed, exhausted parents want more than a night of uninterrupted sleep. But while there's plenty of advice out there, there is nothing that's based on the latest cutting-edge research about sleep— until now. In How Babies Sleep, Sofia Axelrod, PhD— neuroscientist, sleep consultant, and mother of two— introduces the first baby sleep method that is truly rooted in the science of sleep. After having her first child, Axelrod realized that the typical baby sleep advice conflicted with the actual science of sleep, including the findings from her mentor's Nobel Prize-winning sleep lab. She developed her transformative method based on the latest discoveries about our body's circadian clock and how it is disturbed by light and other external stimuli. After seeing incredible results with her own babies, she has since counseled countless families in her groundbreaking method— which works with babies' needs and helps little ones learn to self-soothe, fall asleep more easily, and stay asleep through the night. You'll discover helpful tips that work, and learn: why using a red lightbulb (instead of a regular one) in the nursery at night can minimize wakings; why the age-old advice "don't wake a sleeping baby" isn't true; how to create a healthy routine; how to sleep train gently with minimal crying (under two minutes); and so much more in this revolutionary and effective book that will help both you and your baby enjoy a peaceful night's sleep. Dive into the weird and wonderful world of sleep, from the science behind dreams to a peek into animal sleeping habits, in this incredible book for children aged 7 to 9. We spend about 26 years of our lives sleeping, but how much do you really know about what happens when your head hits the pillow? This book answers all your questions about what goes on in your head when you snooze, including the difference between light and deep sleep, dreams come from, and how essential sleep is to staying healthy. Discover fascinating facts about how people sleep in the past, and how people sleep in different ways around the world. Did you know that the oldest mattress was found in South Africa and is 77,000 years old? Vivid illustrations by Vicky Woodgate bring the topic to life. As well as humans, learn about the sleeping habits of other animals, from bears hibernating to how bats sleep upside down. Even plants sleep! Finally, learn how you can get a proper night's sleep with practical tips and ideas for meditation to calm your mind before bedtime. This book is ideal for children who have difficulty getting to sleep, as well as anyone who wants to learn more about how our brains and bodies work. When A da Calhoun found herself in the throes of a midlife crisis, she thought that she had no right to complain. She was married with children and a good career. So why did she feel miserable? And why did it seem that other Generation X women were miserable, too? Calhoun decided to find some answers. She looked into housing costs, HR trends, credit card debt averages, and divorce data. At every turn, she saw a pattern: sandwiched between the Boomers and the Millennials, Gen X women were facing new problems as they entered middle age, problems that were
being largely overlooked. Speaking with women across America about their experiences as the generation raised to “have it all,” Calhoun found that most were exhausted, terrified about money, under-employed, and overwhelmed. Instead of their issues being heard, they were told instead to lean in, take “me-time,” or make a chore chart to get their lives and homes in order. In Why We Can’t Sleep, Calhoun opens up the cultural and political contexts of Gen X’s predicament and offers solutions for how to pull oneself out of the abyss—and keep the next generation of women from falling in. The result is reassuring, empowering, and essential reading for all middle-aged women, and anyone who hopes to understand them. Celebrate sleep with Dr. Seuss’s classic rhyming good-night picture book. Van Vleck, a very small bug, is getting sleepy, and his yawn—contagious as yawns are—sets off a chain reaction, making all those around him feel sleepy, too! With typically Seussian nods to alarm clocks, sleepwalking, and snoring, this charming ode to bedtime will lull listeners (and readers) toward dreamland. Zzzzzzzzzz. This Read & Listen edition contains audio narration.