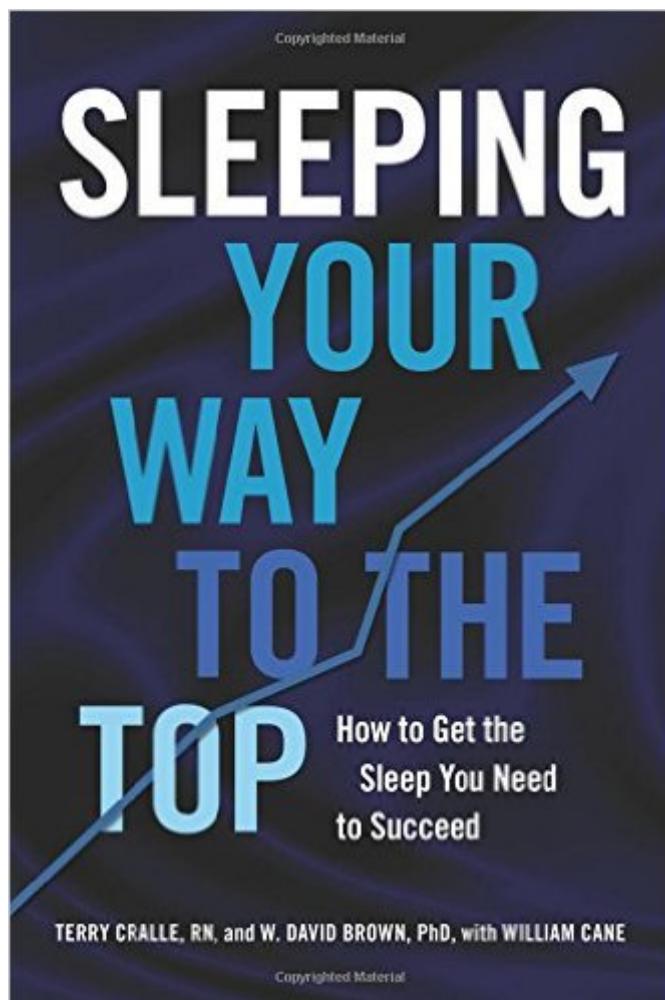


The book was found

Sleeping Your Way To The Top: How To Get The Sleep You Need To Succeed



Synopsis

Many people today believe that the less sleep you get, the more productive you are. But two nationally recognized experts are here to debunk that myth and show that sufficient sleep and success go hand in hand. A groundbreaking collaboration between certified clinical sleep educator Terry Cralle, RN, and sleep psychologist W. David Brown, PhD, *Sleeping Your Way to the Top* presents the ultimate wake-up call for ambitious people who wish to achieve maximum performance. Based on compelling new research, it provides the latest clinically proven techniques for getting quality rest, achieving maximum productivity, and overcoming common sleep impediments to enhance your career. Featuring sidebars, charts, and illustrations, this book finally takes the stigma out of sleep.

Book Information

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Best Sellers Rank: #944,171 in Books (See Top 100 in Books) #170 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention #411 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders

Customer Reviews

Sleeping Your Way To The Top is an easy to follow book that debunks quite a few sleep myths while providing the latest research and findings in the field. It is a bit light on the actual suggestions - though each chapter does have some general guidelines. As such, this is intended for normal people who want to do better in their work environment and not for those with serious sleep issues. The book breaks down as follows: Part One: The Seduction of Sleep (Trumping Sleep; Pure, unadulterated Sleep; Sleep is NOT a Dirty Word; Now Now, I'm Tired; Sleep and Grow Rich); Part Two: Sleeping for Profit (Strange Bedfellows; Staying Power, If You've Got it, Flaunt It; Sleeping With The Stars; You Are What You Sleep; Who's On Top?); Part Three: All You Need Is Sleep (Get A Room; Sleep Envy; Good in Bed; Sleep, Drugs, and Rock & Roll; Sleeping With The Enemy; How

About A Quickie?; Sleep Habits of Highly Effective People; Sleeping Your Way To The Top). The authors are very friendly and cover the topics efficiently and with humor. It makes for a pleasant read and definitely doesn't get bogged down by the statistics and facts. But it also rambles a bit and points are repeated several times throughout. The emphasis is definitely on the results/symptoms of sleep issues and how they affect every day performance. Not surprisingly, debunking a statement made by Donald Trump about being successful because he doesn't sleep is the rallying cry repeated throughout the book: few people can avoid sleep and succeed. Because this is aimed at businessmen (or those in a business environment such as professional athletes, writers, etc.), that is the focus throughout - how to do your job better. Yes, the tips are applicable to say, e.g., a homemaker, college student, etc.

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