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Sommario/riassunto	<p>A powerful methodology to help you switch on your body's innate ability to sleep well and how to build extraordinary energy.Sleep problems aren't created when you put your head on the pillow. Everything you do during the day - every thought, every behaviour, every choice you make - can impact on how you sleep at night.Dr Nerina Ramlakhan, a physiologist and renowned sleep and energy expert, has worked with people for over twenty five years. Combining this professional experience with academic and personal insights, she shares her view that sleep problems are not just about sleep but rather about how we deal with life and its inevitable challenges.In this ground breaking book, she goes beyond traditional sleep methods to examine the true causes of sleep problems .Fast Asleep Wide Awake shares a unique and highly practical process for accessing deep and restorative sleep and shifting your energy from survival energy to a more sustainable and vibrant source of energy that we all have access to. Using tools and techniques based on Western science and Eastern practices learn how to sleep deeply and find the energy to embrace life's challenges with courage and optimism.</p>