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Nota di contenuto	Title Page -- Copyright -- Dedication -- Contents -- Introduction: My Sleep Journey -- Part One: Science of Sleep -- 1. Why We Sleep -- 2. How Sleep Works -- Part Two: Your Sleep -- 3. Sleep Assessment -- 4. Sleep Story -- 5. Sleep Environment -- 6. Sleep Schedule -- Part Three: Sleep in Action -- 7. Performance: Incremental is Best -- 8. Exercise: Lunge Into the Day -- 9. Nutrition: Break the Fast -- 10. Mindfulness: Stress Less -- 11. Reflection: Practice Wisely -- Appendix -- Relaxation Exercises -- Recommended Resources -- Notes -- Bibliography -- Acknowledgments -- About the Authors -- Related Titles
Sommario/riassunto	"The Center for Disease Control considers insufficient sleep a national public health epidemic-- nearly 30% of adults and two-thirds of all high school students report they regularly get insufficient sleep. Time, effort, and intention are required to keep our sleep healthy. In Sleep Wise, Dr. Daniel Blumdiscusses the everyday activities and habits that play a major role in shaping sleep and overall health, including physical exercise and diet.Sleep Wiseincorporates sleep science, mindfulness practices related to sleep, and real-world examples and anecdotes to support a mindful, sustainable sleep practice. Anybody who has trouble sleeping will be relieved to have this enjoyable, effective manual at their bedside"--

