

# SLEEP

INCLUDES A  
14-DAY PLAN



# SMARTER

---

**21** ESSENTIAL STRATEGIES  
TO SLEEP YOUR WAY TO A BETTER BODY,  
BETTER HEALTH, AND BIGGER SUCCESS

---

**SHAWN STEVENSON**

FOREWORD BY SARA GOTTFRIED, MD

Shawn Stevenson

## Sleep Smarter: 21 Essential Strategies to Sleep Your Way to A Better Body, Better Health, and Bigger Success



[continue reading](#)

When it comes to health, there is one criminally overlooked element: sleep. That' Good sleep can help you shed fat for good, push away disease, stay effective, and improve virtually every function of your mind and body. In Rest Smarter, Stevenson shares easy tips and tricks for the best rest and best health of your life. With his 14-Time Sleep Makeover, you' Through better rest and optimized diet, Stevenson not merely healed his body but also accomplished fitness and business goals he hardly ever thought feasible.s what Shawn Stevenson learned whenever a degenerative bone disease crushed his imagine learning to be a professional athlete. Like many of us, he gave up on his health insurance and his body, until he decided there must be a better way.ll discover ways to create the ideal sleep sanctuary, how exactly to hack sunlight to regulate your circadian rhythms, which clinically proven sleep nutrients and supplements you will need, and stress-reduction exercises and fitness tips to keep you mentally and physically sharp. Sleep Smarter is the ultimate guideline to sleeping better, feeling refreshed, and attaining a wholesome, happier life.



[continue reading](#)

Will improve your rest and your life The biggest endorsement I could give Rest Smarter is that I've been trying to convince my wife to go to sleep earlier for a long time. Finally, when I got this book, I not subtly started posting factoids from the reserve about the benefits of sleeping previously and better sleep hygiene stuff that you find out in the book (like leaving your cell phone outside the bedroom), but she wasn't hearing. Finally I said, hey baby, let's make a offer, read this book and I'll browse whatever you need me to learn. I already found out about the getting to sleep at the correct time. I know how hard it really is to nail those things down but nail them down you did. m. and pursuing other tips found in the reserve! What's great about Stevenson's book is that he has a really full spectrum approach to getting better sleep. Some of them are obvious, like the classic early to bed, early to rise tip. But did you know that your body's rejuvenation mechanisms are amped between 10pm and 2am? Most practical, life-changing reserve I ever read.." <http://www.it> turns out that when you fall asleep, when you wake up, and which hours the body is resting have become important. The other point I'll make is that you may be scanning this and saying "whatever." 21 suggestions? I could obtain this from the web. But, back to my partner. Stevenson recommends meditation. The authors of Paleo Fitness recommend some of the same points that Stevenson does, specifically, try to cut out the digital resources of lights 90 minutes before sleep and to go to sleep around or before 10 p.m. I attempted to share this idea with my partner and she simply laughed in my face. all or nothing solutions, and additional "hacks" to help us integrate suggestions in our each day lives that can't constantly accommodate an ideal implementation.\* I in fact labeled these suggestions the bad in my review of Paleo Fitness! I recently read a book known as Paleo Fitness for Dummies, that is quite a good publication in its own right. There's plenty of info on meditation. Stevenson recommends light therapy. There's a lot of info out there. But, sometimes you need to convince people to purchase in. Stevenson will such an excellent job assembling this information and presenting it in a compelling design, that it's well worth a few of your hard earned dollars. When I heard Shawn Stevenson interviewed, I knew I had to check out his book. If your scientifically literate you should be able to individual the wheat from the chaff -- if your gullible, then maybe by a different book.\* Therefore, here's the idea: sure, it is possible to probably find information in many of these topics on the web." The Bad Some of the suggestions is very, very aspirational. We read this a few chapters a night over a week and really valued the format, for chapters we currently were quite solid on, we're able to read the power tips and move on, but also for areas that provided new details to us, we had taken the time to read the whole chapter. My wife just laughed at me when I read it out. Common sense would dictate that you have to obtain x hours of sleep (I usually just get six, but we should be getting more, though Stevenson doesn't lay out the law on lots, instead focusing on better rest quality), but who cares when we get it? Shawn himself reads the Audiobook and that's fabulous, too. Not a great help Not much insight and not helpful! Like the book, this podcast has fantastic and surprising life improving tips. I recommend it. Take a look. New insights for a long term health seeker I've read a lot on nutrition, exercise and health and thought I knew enough about rest. The sleep section contains some very nice points, but who's going to completely shut down from the internet/tv at 8pm, be in bed by 10pm, and up before 7am? We appreciated the author's love of life and practicality - for instance, giving choices for how to continue having coffee, vs. But after reading Rest Smarter, she is buying in. We had never heard of this author and didn't choose the book based on his podcast. My daughter's doctor pointed out the role of rest deprivation in weight management and recommended we look at her sleep behaviors as a possible cause for her unexplained pounds gain. I thought this was strange since it

seemed she was obtaining a lot of sleep, but looking closer at her habits, we realized she had not been sleeping well and was exhausted on a regular basis as a 16 12 months old. I had not considered the timing and additional factors impacting the standard of her sleep, not forgetting mine or my husband's, and I was looking for answers about my own fatigue and lately night waking in spite of good diet and what I believed was adequate exercise. In searching for more info I came across this book, and we have been applying these ideas all together family. I'm still in the beginning stages of transforming my rest, but feel more confident than I ever have that I finally have the tools to accomplish it right! And I don't give them out easily. I usually do not give positive reviews often (check my history). I do a huge amount of reading of non fiction and personal help. I'm 3 chapters in and I'm already likely to give this 5 superstars. It's literally that great. A Must Go through! I learned a lot and have currently begun implementing them and seeing benefits. She agreed. I am doing it for approximately a week and currently my outlook and attitude provides changed completely. Also. It's a very important factor to know that its better to get to sleep previously, but quite another to learn that there's a genuine qualitative difference between sleeping between x and y hours.. (3) some other B. #winning!. incredible job. A week later, she's at risk of bed by 10 p. Great typeset, comfortable line height, everything was gorgeous. It's very digestable, very organized, the author is actually a "teacher" (by another teacher's criteria) and knows what to say, how to say it, how to connect with people, and has a natural humor that means it is extremely compelling to keep listening (or in this instance reading).!! Can't get enough of it Everyone should read this book Very helpful!! Turns out a lot of the tips on this publication were either not used to me, or provided me analysis and backing for issues I'd heard were harming to my body's capability to get a good night's rest, but had questioned due to a lack of science to back again the statements.com/review/R3FV78V733RKDW/ref=cm\_cr\_rdp\_permAppreciation shoutout: I came across Rest Smarter through a podcast called THE PERSON Task with Ted Ryce. Great Readable but based on science. I'm currently enthralled 3 chapters and I'll probably finish the book before the week is over. Highly recommended!! It's science backed details such as this that really helps. There is a lot more to sleep than you thought, and Shawn discusses from how to get to sleep and stay asleep to what rest does to start your hormone dominoes.amazon. Cannot recommend this highly more than enough -- I give it 10 stars! Kindle version won't get you guided. I've tried various strategies, but have never succeeded in sticking with some of them long enough to make a long-term difference. And perhaps the person you will convince to buy in is you. you then were grounded). 3 chapters in and this already gets 5 stars from me.S. Essential information for anybody who sleeps (or doesn't, for example) For at least 2 decades, I've been struggling to act on the tips I got from a health care provider: that the most important thing I could do to improve my health was to make sure I was getting adequate, high-quality sleep. Bought the Kindle version. Enjoyed the book, but am not able to access the supplementary source guides Some good stuff, some pseudoscience Pseudo-scientific claims: (1) people need to make physical contact with the earth in order to ground themselves, or you can purchase 'earthing' products the author recommend (here's a test, touch a piece of metal: did you are feeling a shock? No? Plenty of his suggestions weren't news if you ask me - but he supplies the scientific reason why they work, which has made a world of difference in my capability to motivate myself to stick with it. (2) Some B.S. about EMF radiation, got to skip that section - was making me mad. Whoever chosen the cover, font, design and all of that. Easy read, great tips A few of the stuff noises like common sense (and some definitely doesn't) but actually reading about why certain strategies function was super helpful. about having to

ionize the surroundings with a Himalayan salt lamp.Highly recommended. Audiobook was narrated well, which is why I finished



[continue reading](#)

download Sleep Smarter: 21 Essential Strategies to Sleep Your Way to A Better Body, Better Health, and Bigger Success txt

download free Sleep Smarter: 21 Essential Strategies to Sleep Your Way to A Better Body, Better Health, and Bigger Success epub

[download The Autoimmune Fix: How to Stop the Hidden Autoimmune Damage That Keeps You Sick, Fat, and Tired Before It Turns Into Disease e-book](#)

[download You Can Fix Your Brain: Just 1 Hour a Week to the Best Memory, Productivity, and Sleep You've Ever Had e-book](#)

[download The Code of the Extraordinary Mind: 10 Unconventional Laws to Redefine Your Life and Succeed On Your Own Terms pdf](#)