

"This book revolutionizes the way we understand and treat our sleep. I highly recommend it." —Mark Hyman, MD
#1 New York Times bestselling author of *The Blood Sugar Solution*

#1 AMAZON
BEST SELLER

THE 8-HOUR SLEEP PARADOX

HOW WE ARE
SLEEPING OUR WAY
TO **FATIGUE, DISEASE
& UNHAPPINESS**

DR. MARK BURHENNE

Mark Burhenne

The 8-Hour Sleep Paradox: How We Are Sleeping Our Way to Fatigue, Disease and Unhappiness



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This book will teach you how to reach your highest quality sleep to become your very best, brightest, most capable self. A lot of people with disrupted rest don't know what they're missing because they've by no means experienced anything different. The #1 Amazon Best Seller Surprising as it may seem, getting eight hours of sleep is the wrong approach to achieve great health insurance and top performance. This 3-step program will show you how you can get the kind of sleep that unlocks your capability to:- Reach your perfect weight by suppressing your appetite naturally- Slow down the aging process- Wake up happy and refreshed every morning- Improve your time levels, concentration and mental focus- End daytime sleepiness and brain fog "I'll feel more alive than ever before."

s 1: if you need to be happier, healthier, and more productive, you need to get enough rest.-- Gretchen Rubin, NYTimes #1 bestselling author of The Happiness Project, Happier in the home, and MUCH BETTER THAN Before

There are couple of iron laws and regulations of the universe, but here"" The 8-Hour Sleep Paradox will help you enhance the quality of your rest, so you'



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The best book on sleep apnea and other sleep disorders ~ An essential book to read I suffer from a combined mix of obstructive anti snoring and circadian rhythm disorder, so needless to say this was exactly the type of book I was looking for. I've suffered terribly with insomnia for days gone by 2 years to the main point where I couldn't also fall asleep. Unlike additional books that I've read on the subject, this one manages to offer complete explanations for the various sleep disorders, and does so without delving so deep in to the subject matter that you can't know very well what the author says. All of the prior books that I've read, are either as well scientific, or as well simplistic. Many are too holistic in their approach, and were of no help to me. This book is superbly written & researched, and presents complicated scientific details in layman's terms. Improve your health Best health book! Everybody knows that daytime tiredness can result in all sorts of complications, such as car accidents, problems at the job, etc. Clear, well-researched & The book recommends several actions to take to determine if you need to undertake a formal sleep research. I was shocked once the doctor educated me that my O2 levels had dropped to 70% during episodes where I stopped breathing. But I really like the writer's approach of heading beyond treating the symptom to getting to the root of the problem.' I was left in a total daze when I heard these words and phrases. Life changing. Regardless of the doctors warning that I could die from low O2 levels, I'm having a terrible period adjusting to CPAP. I have already been reluctant to take care of my sleep apnea for most reasons (who would like to wear a CPAP device?! It should be read by anyone who thinks they have a issue obtaining a quality nights rest. This book covers everything that you could possibly want to know about sleep apnea and other sleep problems. The end result is that sleep issues are serious and really should never be studied lightly. I recommend it for anybody who wakes up feeling tired, snores, or provides been told they grind their teeth. This author's work has been life changing for me. 5 stars. Reading this book tripped a million lights in my head. Almost a year ago my dental professional recommended I obtain an occlusal guard telling me I was grinding my tooth in my own sleep but didn't offer me any additional insights on this. Due to the costs I didn't look into it and sadly, my teeth are starting to chip and deteriorate at an alarming price for somebody as ping as myself. Important and potentially lifestyle changing information I discovered an interview with the author of this publication after doing some study on how best to heal some issues I'm having with my dental health. Significantly, who knew it could be life-changing for my jaw pain, TMJ, grinding, snoring. I plan to follow up with my doctor and look for a sleep research and whatever treatment is necessary to fix my sleep. This life is too precious and I want to live a meaningful lifestyle and help others in this world, but to do that, I'm convinced I need to fix my rest so I may use my presents and express my complete potential. Yeah, a book on sleep and dental health transferred me that deeply: I highly recommend this read if you are somebody who is fighting sleep, energy, feeling, or oral health issues. It might just change all of your perspective. Great Read on SLEEP PROBLEMS! Why did I purchase a book on sleep disorders? I have been diagnosed with atrial fibrillation and anti snoring (there may be a correlation). Hopefully, I'll be in a position to correct my problems with a dental device.) and thought I could learn more on the topic. However, after scanning this book, I am going to meet with my physician once more and more significantly revisit your options for treating my sleep apnea. The book is truly comprehensive in addressing the main topics sleep problems.!), downloading a telephone app that records the sounds that one makes while sleeping, mouth taping, and acquiring the STOP-BANG Sleep Apnea and Epworth Sleepiness Level questionnaires. Recently, I got a sleep study performed at a local hospital. Included in these are asking one's dentist to perform a simple sleep apnea screening (book provides the queries to ask the dental professional! In addition, it conveys the serious wellness dangers of getting insufficient quality rest. After taking these and other steps, if the reader concludes he must take part in a sleep

research, the book recommends the specific study to attempt. If after undertaking a sleep study one is in fact identified as having sleep-disordered breathing, the publication outlines at length various treatment options, along with the advantages and cons of every. Reading this book has provided me with the info I need to have a more informed discussion with my doctor on sleep apnea and makes me realize that my delay in dealing with sleep apnea is truly harmful to my health and well-being. Should any of this resonate with you, I recommend that you purchase this book. Fantastic book! The book is easy to learn, yet I learned much more than I anticipated. But more than that--how you breath as long as you're sleeping. Dr. B can be a major innovator in helping us to raised understand the importance that rest disordered breathing takes on in health and disease. Now, I am going through the process of checking out different CPAP devices and masks, along with mandibular advancement devices. That is by far the most detailed and important book that I've ever read on the subject. It's written by a dental professional who has comprehensive experience in the area of sleep apnea, along with innumerable other sleep issues. Not just one doctor helped find out my sleep problem. I tried all of them, sadly. They just served the interests of big pharma by handing over sleeping pills. The worst component is that ive appear many functional medicine doctors who were totally useless considering the fees they charge. From an interview with the physician I happen to observe on youtube, I recognized I'm a mouth breather. This is not a benign condition--quite the contrary, as such, the author goes into some fine detail in the reserve. I began taping my mouth area and now sleep like I'm in a coma. It had been that dramatic! It outlines in basic, understandable language the relationship between deep rest and one's health insurance and standard of living. The book is simple to read and is very helpful in helping you understand the process of how exactly to be evaluated. Must Buy! I'm today an advocate and crusader for sleep apnea treatment for people in my own lives I value This book is crucial have because there are many different types of sleep apneas or sleep problems much like it and doctors don't know what they're doing half of the time. It offers step-by-step actionable suggestions and practical info for speaking with your dentist, doctor, and insurance company.) as well as the disorders that are nearly the same as one another. That is must read for everyone! This book provides information that I be been looking for last 20years I feel like I lost last 20years of my entire life and today I'm confident that I'll take it back and live new life!! Thank you for sharing probably the most important life lessons If someone had told me years back my tongue was ... If someone had told me years back my tongue was in the incorrect place in my own mouth, I could only imagine how life would've been different. I Am convinced that I am experiencing some disordered sleep patterns because of obstructed breathing and it perfectly may be the REAL CAUSE of all the medical issues I've been trying and frequently failing to rectify over the past couple of years. READ THIS Publication! Sleep apnea, along with other sleep disorders, can not only affect the grade of your life, but they can actually be life threatening. If not really, I'll haven't any choice but to make use of CPAP. Everyone should examine this! What many people don't understand is that sleep apnea can lead to premature death, and also damage to the heart. eloquent I picked up this reserve because my dental practitioner had recommended a night guard because of tooth grinding. When I asked him if this was a serious problem, his response was, 'You could die from this. Must read Health starts and ends with rest; This book goes through the countless different treatments for sleep apnea (there is a ton! It will also be followed up with an appointment with a doctor who specializes in sleep disorders, as this may possibly save your valuable life. Eye opening Book opened my eyes. I never write evaluations, but this book has educated me thus much on the topic of sleep apnea and other sleep disorders that We forced myself to create one.



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