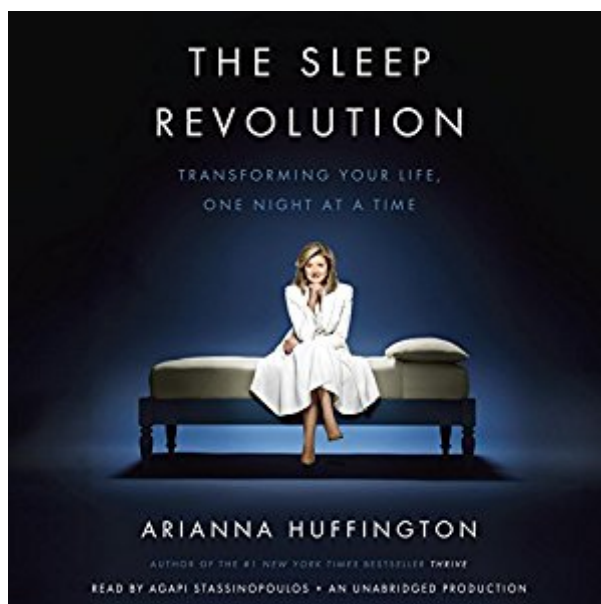


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# The Sleep Revolution: Transforming Your Life, One Night At A Time



## Synopsis

In her new book, Arianna Huffington, the cofounder and editor in chief of The Huffington Post and the author of the number-one New York Times best seller *Thrive*, delves into the sleep revolution that is happening all across the world - a revolution that can transform our lives. Sleep, she writes, is one of humanity's great unifiers, binding us to each other, to our ancestors, to our past, and to the future. Yet we find ourselves in the middle of a crisis of sleep deprivation, with devastating effects on our health, our happiness, our job performance, and our relationships. Only by renewing our relationship with sleep, she writes, can we take control of our lives, live more fully, and be more engaged with ourselves and with the world and more able to meet the inevitable challenges we all face. In *Thrive*, Arianna Huffington introduced her audience to the importance of sleep as a part of redefining success through well-being, wisdom, wonder, and giving. The topic struck such a powerful chord, resonating so intensely with her audiences around the world, that she realized the power of sleep needed a full exploration. The result is a sweeping, scientifically rigorous, and deeply personal look at sleep, from its history through the ages and the current crisis of sleep deprivation to the mysteries of dreams and the golden age of sleep science that is revealing all the ways sleep plays a vital role in our health, happiness, well-being, and productivity. In *The Sleep Revolution*, Arianna identifies the many ways our cultural dismissal of sleep as time wasted undermines our health and our decision making and ravages our relationships, our work lives, and even our sex lives. She takes on sleep from every angle, exploring the latest science on sleep, the manipulative and dangerous sleeping pill industry, and all the ways our addiction to technology disrupts our sleep. She also presents scientific recommendations and expert tips on how we can all achieve better and more restorative sleep and learn how to make the power of sleep work for us. Most important, by highlighting the many areas where sleep's benefits are being rediscovered - from the world of sports and technology to college campuses, the hotel industry, and even workplaces around the world - she points the way forward to amazing innovations, reforms, and inventions rooted in our new love affair with sleep. In today's 24/7, fast-paced, always-connected, perpetually harried, and sleep-deprived world, the hunger for sleep is only getting stronger. *The Sleep Revolution* both sounds the alarm on the worldwide sleep crisis and offers a road map for how we can take back our sleep and transform our lives and our world.

## Book Information

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## Customer Reviews

It's like someone Googled everything the Internet had to say about sleep and pasted it into a book with minimal editing. There is no filtering in a sense of the quality of studies and science that are referred to in the book. A lot of the author's claimed problems with our modern daily lives that prevent us from sleeping will probably just make you end up more paranoid about losing sleep and as a result have a harder time sleeping. I recommend instead - say goodnight to insomnia by Gregg Jacobs. An author experienced in the subject and providing higher quality content in less words. Helped change my sleeping habits significantly. Sleep well.

As a practicing sleep specialist for the past 16 years I am often skeptical of new sleep books, especially from non-academic authors. This book was GREAT. I learned many new facts that I can share with my patients, friends and family. The tone of the book was both informative and conversational. Loaded with fascinating facts (and some scary ones) this book has appeal to readers of all ages, and in all stages of life. Huffington correctly defines our current Sleep Crisis in realistic, authentic stories and terms. She takes on the sleeping pill industry, and brings to light the effectiveness of cognitive behavioral therapy (something I use in my practice daily). Speaking of light, she also identifies how artificial light (from our devices to our bedside table lamps) effects our entire sleep environment, and how we need to seek alternate technologies to allow us to function without destroying our circadian rhythms. One of my favorite sections was entitled "Our First Sleep Teachers". Here we see the exploration of how important it is to have a positive conversation between parents and children on the topic of sleep. This conversation, and a parents actions, frame the child's viewpoint of sleep for their future. I also like that she has paved the way for workplace

wellness (years before this book came out) with nap rooms, and many other progressive programs for her employees. Finally, I give her great credit for creating a "Sleep Wish List" and actually giving a list of challenges we can all aspire toward. Arianna, thanks for the potential for some Sweet Dreams.

The big take away is that you can't cheat sleep. Your performance and your health will suffer when you get less sleep than your body requires. Most Americans are getting less sleep than they should and their work performance and quality of life suffers as a result. What's interesting is how celebrities, athletes and top executives increasingly view good sleep as a competitive advantage in their field. I was surprised to learn, for example, that sports teams increasingly hire sleep coaches to ensure that athletes sleep well. Teams like the Seattle Seahawks. Tom Brady goes to bed at 8:30 so he can think clearly. Google's Eric Schmidt targets 8.5 hours of sleep every night. I read the book in one afternoon. It is well researched and supported by hundreds of references. Considering how much time we spend sleeping, this book is a high ROI investment. Update: I reread the book and followed some of the reference material. I wish there was greater discussion on the topic of accumulated sleep debt. How much sleep debt can I accumulate? What's the best way to catch up? How long can it take to catch up?

While I really do adore Arianna and anything to do with the Huffington Post etc. This book is just tossing away your hard earned money. I wish I hadn't wasted mine. Everything you find here you can GOOGLE it. Might as well save your \$\$

This is typical overachiever quasi-intellectual celebrity fluff book written solely to pad author resume and show off her polymath abilities master of all subjects. It follows time tested sandwich formula: start with base layer of fluff in the form of litany of evils stemming from lack of sleep mostly from personal anecdotes, google searches quoting various sleep experts, sprinkled with celebrity insights (first 165 pages), then add minimal filling in the middle of the sandwich consisting of the trite, well known sleep hygiene advice, and then top it off with second layer of the fluff in the form of testimonials of again celebrities, CEOs and sports athletes who have achieved unimaginable feats after getting 7 to 8 hours of sleep. Seriously there was not even one byte, not one bit of the information in whole 392 pages that was original idea, insight, or genuinely useful advice; throwing 50+ well known lifestyle changes that are supposed to be undertaken together to achieve sleep nirvana is absurd, as most regular people can stick with one new lifestyle change every 2 weeks.

She is also flat out against sleeping medications, even though there are newer sleep medicines like orexin antagonists that have better effectiveness and less side effects than older benzos type medications. One example of author ignorance is that she did not even mentioned new research pointing to drop in environmental and internal body temperature as trigger for sleep rather than standard light and darkness cycle hypothesis. Just trying to read this quasi-scholarly treatise will put you to sleep in no time which is probably the best you will get in terms of sleep aid from this book (or you can stick it under mattress to raise your head 2 inches which will lessen the heartburn after realizing you wasted 15 bucks and few hours you could have spent sleeping)

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