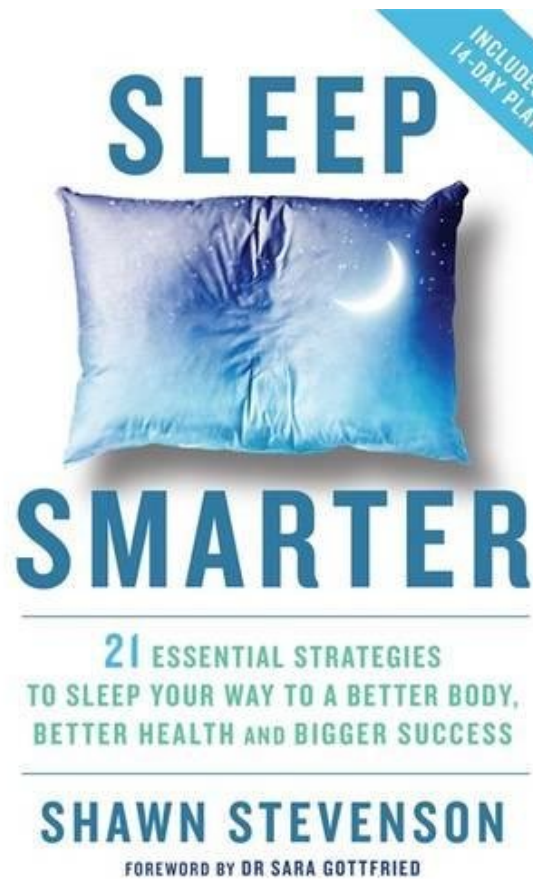


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SHAWN STEVENSON

FOREWORD BY DR SARA GOTTFRIED

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Review

"One of the missing pieces in the health conversation today is the importance of sleep. In Sleep Smarter you'll learn how sleep impacts your mind, body, and performance, plus practical solutions to help you get the best sleep ever." —Jonathan Bailor, New York Times Bestselling author of THE CALORIE MYTH

"If you're not sleeping, you're not healthy. Shawn Stevenson helps unravel our modern sleep crisis with clarity and focused solutions that can start helping you tonight. A must read." —Dr. Pedram Shojai, Founder of Well.Org

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About the Author

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SLEEP SMARTER BY SHAWN STEVENSON PDF

When it comes to health, there is one criminally overlooked element: sleep. Good sleep helps you shed fat for good, stave off disease, stay productive, and improve virtually every function of your mind and body. That's what Shawn Stevenson learned when a degenerative bone disease crushed his dream of becoming a professional athlete. Like many of us, he gave up on his health and his body...until he decided there must be a better way. Through better sleep and optimized nutrition, Stevenson not only healed his body but also achieved fitness and business goals he never thought possible.

In *Sleep Smarter*, Stevenson shares easy tips and tricks to discover the best sleep and best health of your life. With his 14-Day Sleep Makeover, you'll learn how to create the ideal sleep sanctuary, how to hack sunlight to regulate your circadian rhythms, which clinically proven sleep nutrients and supplements you need, and stress-reduction exercises and fitness tips to keep you mentally and physically sharp.

Sleep Smarter is the ultimate guide to sleeping better, feeling refreshed, and achieving a healthier, happier life.

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About the Author

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Most helpful customer reviews

121 of 126 people found the following review helpful.

Will improve your sleep and your life

By Bart Motes

The biggest endorsement I can give Sleep Smarter is that I've been trying to convince my wife to go to sleep earlier for years. Finally, after I got this book, I not so subtly started sharing factoids from the book about the benefits of sleeping earlier and better sleep hygiene things that you learn in the book (like leaving your cell phone outside the bedroom), but she wasn't listening. Finally I said, hey baby, let's make a deal, read this book and I'll read whatever you want me to read. She agreed. A week later, she's heading for bed by 10 p.m. and following other tips found in the book! #winning!

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 the body's rejuvenation mechanisms are amped between 10pm and 2am?

It's science backed information like this that really helps. It's one thing to know that its better to get to sleep earlier, but quite another to learn that there's a real qualitative difference between sleeping between x and y hours. Common sense would dictate that you have to get x hours of sleep (I usually just get six, but we should be getting more, though Stevenson doesn't lay down the law on a number, instead focusing on better sleep quality), but who cares when we get it?

It turns out that when you go to sleep, when you wake up, and which hours your body is resting are very important.

The other point I'll make is that you may be reading this and saying "whatever." 21 tips? I can get this from the internet. But, back to my wife. I recently read a book called Paleo Fitness for Dummies, which is quite a good book in its own right. The authors of Paleo Fitness recommend some of the same things that Stevenson does, namely, try to cut out the electronic sources of lights 90 minutes before sleep and to go to sleep around or before 10 p.m. I tried to share this idea with my wife and she just laughed in my face. But after reading Sleep Smarter, she is buying in.*

So, here's the point: sure, you can probably find information on many of these topics on the internet. Stevenson recommends meditation. There's plenty of information on meditation. Stevenson recommends light therapy. There's plenty of information out there. But, sometimes you need to convince people to buy in. Stevenson does such a good job assembling this information and presenting it in a compelling style, that it is well worth a few of your hard earned dollars.

And maybe the person you will convince to buy in is you.

Highly recommended.

* I actually labeled this advice the bad in my review of Paleo Fitness!

"The Bad

Some of the advice is very, very aspirational. The sleep section contains some great points, but who is going to completely shut down from the internet/tv at 8pm, be in bed by 10pm, and up before 7am? My wife just laughed at me when I read it out."
http://www.amazon.com/review/R3FV78V733RKDW/ref=cm_cr_rdp_perm

Appreciation shoutout: I discovered Sleep Smarter through a podcast called The Man Project with Ted Ryce. Like the book, this podcast has wonderful and surprising life improving tips. I recommend it. Check it out.

12 of 12 people found the following review helpful.

New insights for a long term health seeker

By Julie Brennan

I've read a lot on nutrition, exercise and health and thought I knew enough about sleep. Turns out a lot of the tips on this book were either new to me, or provided me research and backing for things I'd heard were damaging to my body's ability to get a good night's sleep, but had questioned due to a lack of science to back the claims. My husband and I read this a few chapters a night over a week and really appreciated the format, for chapters we already were pretty solid on, we could read the power tips and move on, but for areas that provided new information to us, we took the time to read the whole chapter.

We appreciated the author's sense of humor and practicality - for example, giving options for how to continue having coffee, vs. all or nothing solutions, and other "hacks" to help us integrate suggestions in our every day lives that can't always accommodate a perfect implementation.

I had never heard of this author and didn't purchase the book based on his podcast. My daughter's doctor mentioned the role of sleep deprivation in weight management and recommended we look at her sleep habits as a possible cause for her unexplained weight gain. I thought this was strange as it seemed she was getting a lot of sleep, but looking closer at her habits, we realized she was not sleeping well and was tired all the time as a 16 year old. I had not thought about the timing and other factors impacting the quality of her sleep, not to mention mine or my husband's, and I was searching for answers about my own fatigue and recently night waking in spite of good diet and what I thought was adequate exercise. In looking for more information I found this book, and we've been applying these ideas as a whole family.

11 of 11 people found the following review helpful.

An incredibly beautiful book.

By Brian Johnson

[[VIDEOID:90003f1dd685c39e05c33b2a29e5d70]] "Sleep is the secret sauce.

There isn't one facet of your mental, emotional, or physical performance that's not affected by the quality of your sleep.

The big challenge is that in our fast-paced world today, millions of people are chronically sleep deprived and suffering the deleterious effects of getting low quality sleep.

The consequences of sleep deprivation aren't pretty either. Try immune system failure, diabetes, cancer, obesity, depression, and memory loss just to name a few.

Most people don't realize that their continuous sleep problems are also a catalyst for the diseases and

appearance issues they're struggling with.

Studies have shown that just one night of sleep deprivation can make you as insulin resistant as a type-2 diabetic. This translates directly to aging faster, decreased libido, and storing more body fat than you want (say it ain't so!).

Now stretch that over weeks, months, even years, and you can start to see why lack of sleep can be such a huge problem.”

~ Shawn Stevenson from Sleep Smarter

Shawn Stevenson is a health coach who has one of the most popular health & fitness podcasts out there called The Model Health Show.

This is a short, quick-reading, funny and practical little book featuring 21 tips on how to optimize your sleep.

I read it as part of my preparation for teaching Optimal Sleep 101.

Let's explore some of my favorite Big Ideas:

1. Value Your Sleep - = Tip #1.
2. Avoid the Screens - Easiest way to optimize.
3. Adenosine - How caffeine really works.
4. Stay Cool - Think: 60 to 68 degrees Fahrenheit.
5. Vitamin G - You getting enough?

To smarter sleep and smarter living! :)

More goodness— including PhilosophersNotes on 300+ books in our ?*OPTIMIZE*? membership program. Find out more at [brianjohnson . me](http://brianjohnson.me).

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About the Author

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