



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

By Shawn Stevenson

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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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Editorial Review

Review

“Shawn Stevenson’s *Sleep Smarter* is the first book I recommend to leaders who want to achieve peak performance. Most people try to maximize their ‘time’ when the real secret to productivity is to maximize your energy, and that begins with getting enough great sleep. This book will quickly put you to sleep...in a good way.”

?Kevin Kruse, *New York Times* bestselling author

“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, award-winning filmmaker, founder of Well.Org, and author of *The Urban Monk*

“It doesn’t matter what you eat if you don’t get your sleep! Shawn Stevenson has thrown a spotlight on the disease of insomnia and lack of sleep that is killing so many of us. This book is the perfect introduction to the tools and strategies that could fix your broken sleep.”

?Alexandra Jamieson, bestselling author and costar of the hit movie *Super Size Me*

“We’ve all read books on the importance of eating healthy and exercise, but sleep is an essential component of a healthy lifestyle that many people overlook. *Sleep Smarter* has everything the average person needs to become a ‘professional sleeper’ to further enhance their quality of life.”

?Drew Manning, *New York Times* bestselling author of *Fit2Fat2Fit*

“Sleep was something that, since college, has never been that important to me. For over a decade I’ve sacrificed hours of sleep every day to get more work done. Now that I’m in a phase of optimization for both personal and business reasons, thanks to *Sleep Smarter*, I realize that focusing on better sleep can help me get to the next level. I’m glad to have *the* guide to proper sleep in my hands.”

? Pat Flynn, bestselling author and founder of SmartPassiveIncome.com

"The fact is, to be happy, healthy, and productive, we need to get enough sleep. Sleep Smarter is a terrific resource for anyone who wants a great night’s rest."

? Gretchen Rubin, *New York Times* Bestselling author of *BETTER THAN BEFORE* and *THE HAPPINESS PROJECT*

"If you are looking for the most comprehensive guide on enhancing your sleep, beating insomnia, and using cutting-edge, proven techniques to optimize the most important part of your body's repair and recovery, then you found it. *Sleep Smarter* contains everything you need to know in one convenient, succinct summary. I will definitely be recommending this book to any of my clients who want to sleep better, deeper, and of course, smarter."

? Ben Greenfield, *New York Times* bestselling author of *Beyond Training*

About the Author

Shawn Stevenson is the creator of *The Model Health Show*, which has been featured as the #1 Fitness and Nutrition podcast on iTunes. A graduate of The University of Missouri - St. Louis, Stevenson studied biology and kinesiology. He later founded the Advanced Integrative Health Alliance, a company that provides wellness service for individuals and organizations worldwide. Stevenson has been a keynote speaker for numerous universities, organizations, and conferences. He lives with his family in Wildwood, MO.

Users Review

From reader reviews:

Shannon Bland:

The feeling that you get from *Sleep Smarter: 21 Essential Strategies to Sleep Your Way to A Better Body, Better Health, and Bigger Success* could be the more deep you excavating the information that hide inside the words the more you get enthusiastic about reading it. It does not mean that this book is hard to know but *Sleep Smarter: 21 Essential Strategies to Sleep Your Way to A Better Body, Better Health, and Bigger Success* giving you enjoyment feeling of reading. The author conveys their point in particular way that can be understood by means of anyone who read this because the author of this reserve is well-known enough. This specific book also makes your own personal vocabulary increase well. So it is easy to understand then can go together with you, both in printed or e-book style are available. We propose you for having this *Sleep Smarter: 21 Essential Strategies to Sleep Your Way to A Better Body, Better Health, and Bigger Success* instantly.

Gail Boutwell:

Sleep Smarter: 21 Essential Strategies to Sleep Your Way to A Better Body, Better Health, and Bigger Success can be one of your starter books that are good idea. Many of us recommend that straight away because this e-book has good vocabulary that may increase your knowledge in language, easy to understand, bit entertaining but nonetheless delivering the information. The writer giving his/her effort to put every word into pleasure arrangement in writing *Sleep Smarter: 21 Essential Strategies to Sleep Your Way to A Better Body, Better Health, and Bigger Success* but doesn't forget the main place, giving the reader the hottest and based confirm resource details that maybe you can be one among it. This great information can easily drawn you into fresh stage of crucial thinking.

Clyde Connell:

Are you kind of stressful person, only have 10 or perhaps 15 minute in your morning to upgrading your mind talent or thinking skill possibly analytical thinking? Then you are experiencing problem with the book as compared to can satisfy your small amount of time to read it because all of this time you only find book that need more time to be learn. Sleep Smarter: 21 Essential Strategies to Sleep Your Way to A Better Body, Better Health, and Bigger Success can be your answer mainly because it can be read by you actually who have those short free time problems.

Helene Anderson:

As a student exactly feel bored in order to reading. If their teacher inquired them to go to the library or to make summary for some guide, they are complained. Just little students that has reading's soul or real their pastime. They just do what the teacher want, like asked to the library. They go to generally there but nothing reading seriously. Any students feel that reading through is not important, boring and can't see colorful pictures on there. Yeah, it is to become complicated. Book is very important in your case. As we know that on this period of time, many ways to get whatever we wish. Likewise word says, ways to reach Chinese's country. Therefore , this Sleep Smarter: 21 Essential Strategies to Sleep Your Way to A Better Body, Better Health, and Bigger Success can make you experience more interested to read.

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