



Sleep Wise: How to Feel Better, Work Smarter, and Build Resilience

Daniel Blum

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The Center for Disease Control considers insufficient sleep a national public health epidemic— nearly 30% of adults and two-thirds of all high school students report they regularly get insufficient sleep. Time, effort, and intention are required to keep our sleep healthy. In *Sleep Wise*, Dr. Daniel Blum discusses the everyday activities and habits that play a major role in shaping sleep and overall health, including physical exercise and diet. *Sleep Wise* incorporates sleep science, mindfulness practices related to sleep, and real-world examples and anecdotes to support a mindful, sustainable sleep practice. Anybody who has trouble sleeping will be relieved to have this enjoyable, effective manual at their bedside.

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Arturo McDaniel:

People live in this new day of lifestyle always make an effort to and must have the spare time or they will get wide range of stress from both daily life and work. So , if we ask do people have extra time, we will say absolutely of course. People is human not really a robot. Then we request again, what kind of activity do you possess when the spare time coming to you of course your answer will probably unlimited right. Then do you ever try this one, reading guides. It can be your alternative throughout spending your spare time, the actual book you have read is definitely Sleep Wise: How to Feel Better, Work Smarter, and Build Resilience.

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