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Sleep A Bedside Companion

Michael Acton Smith



Sleep A Bedside Companion:

The Magic of Sleep Michael Acton Smith, 2019-10-24 We have spent decades optimising our waking hours but what about the precious hours after we doze off or try to The Magic of Sleep tells you everything you've ever wanted to know about sleep but were too tired to ask As the most active time for our brains and the most important element to a calmer happier life sleep has become the topic of our times Drawing on the success of Calm the 1 app for sleep meditation and relaxation Michael Acton Smith writes the ultimate guide to good sleep Beautifully illustrated and packed with fascinating facts and anecdotes this book contains life changing tips At once a bedside companion and a sleeping aide The Magic of Sleep will be your solution to a better sleeping life improving each of your waking hours Reduce your sleepless nights by finding the perfect soundtrack for dozing off Learn the new science of sleep including how to create ideas while you're asleep Discover the best recipes for home made drinks that will make you drowsy Get to know your subconscious by starting a sleep journal and exploring lucid dreaming It's time to optimize sleep [The Sleep Book](#) Jody Grant-Gray, 2000 [The Sleepyhead's Bedside Companion](#) Sean Coughlan, 2010-01-26 This is a quirky amusing information packed book for all lovers of sleep It's a celebration of nature's greatest free gift the perfect companion for the bedside table It's the book to curl up with before falling asleep It looks at the history culture folklore language and science of sleep Did you know that the siesta was once a British tradition Why do we say sleep like a top Does counting sheep work What are the very best sleeps Who invented pyjamas If dogs sleep so much why are they always yawning What are the best films about sleep Do today's children have less sleep than Edwardian children Does booze help or hinder sleep Not only is sleep a great natural pleasure it's also essential to good health The book examines how a lack of sleep is increasingly seen as a health risk Sleep is also the place of dreams and nightmares Why are so many dreams the same and what are the archetypal recurring dreams What is the origin of the word nightmare And what do Bugs Bunny the surrealists and Freud have to do with dreaming Sleep is there to be enjoyed It's not worth getting into bed for anything else **Calm: The Magic of Sleep** Michael Acton Smith, 2020-02-04 We have spent decades optimizing our waking hours but what about the precious hours after we doze off or try to Packed with fascinating facts and anecdotes the life changing tips in this book will show you how to find the perfect soundtrack for dozing off how to create ideas while you are asleep how to start a sleep journal to explore dreaming and the best recipes for drinks and food that will make you drowsy As the most active time for our brains and the most important element to a calmer happier life sleep has become the topic of our times Drawing on the success of Calm the 1 app for sleep meditation and relaxation Michael Acton Smith writes the ultimate handbook for healthy sleeping Beautifully illustrated and packed with fascinating facts and anecdotes these life changing tips such as how to make your room sleep friendly and how to use sleeping to improve learning this book will tell you everything you ever needed to know about sleep but were too tired to ask At once a bedside companion and a sleeping aide The Magic of Sleep will be your solution to a better sleeping life improving

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