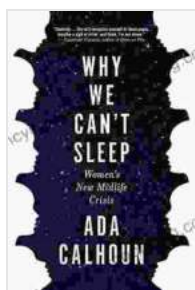


Why We Can Sleep: The New Science of Sleep and How It Can Transform Your Life

In this groundbreaking book, Dr. Matthew Walker explores the latest scientific research on sleep and its profound impact on our physical, mental, and emotional health.



Why We Can't Sleep: Women's New Midlife Crisis

by Ada Calhoun

★★★★☆ 4.4 out of 5

Language : English
File size : 1634 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 257 pages



Why We Can Sleep provides a comprehensive overview of the science of sleep, from the basics of how sleep works to the latest research on the role of sleep in everything from memory to creativity to disease prevention.

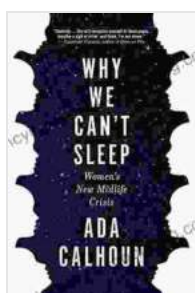
Dr. Walker also offers practical tips and strategies for getting the best sleep possible, including how to:

- Establish a regular sleep schedule
- Create a relaxing bedtime routine

- Optimize your sleep environment
- Get regular exercise
- Eat a healthy diet
- Avoid caffeine and alcohol before bed

Why We Can Sleep is an essential guide to the science of sleep and its transformative power. This book will help you understand the importance of sleep and how to get the best sleep possible.

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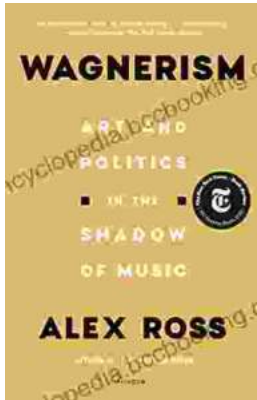
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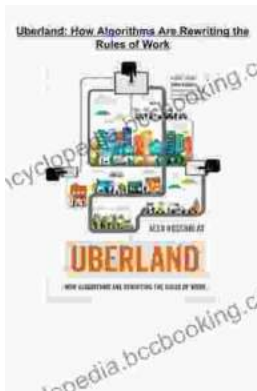
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