

Great Sleep: What it is and How to get it



40% of us get less than the recommended 7-9 hours sleep per night. 40.6 million Americans get less than 6 hours sleep per night on a regular basis. The average American shortchanges themselves by at least 1 hour of recommended sleep a night, meaning that they are only getting 6 out of 7 days worth of sleep. The negative effects of sleep deprivation can be seen after just one night of poor sleep, and long-term sleep deprivation means you run a higher risk of obesity, heart disease and some cancers. Have I got your attention yet? Our daily lives are quite literally taking over our night time and as the statistics show, we are doing very little to stop it. We now live in a society where we are always on call, always available, 24/7, 365 days per year and slowly it is killing us. Getting Great Sleep needs to be made a priority in your life. You don't starve yourself or deny yourself water, so why do you find it okay to exist on less than you need in terms of sleep hours per night? This book, by the author of the 5*-rated *Maximise Your Mornings: How to Create Your Successful Morning Routine*, will show you how easy it is to get the Great Sleep you need to function at your best and brightest level. Every one of you deserves to have a successful and bountiful life, achieving all you can, but you cannot do that if you don't give your brain and body the Great Sleep it needs to help you get to the top. In this book, not only will you find out about the science behind Great Sleep, you will be given tips on how to get Great Sleep. You will also find out what can happen if you continue depriving yourself of Great Sleep, and how to keep a sleep diary so you can track your Great Sleep to make sure you are getting enough. Everything you need to help you to get Great Sleep is in this book, so get ready to make Great Sleep a priority starting TONIGHT!

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QUEM SOMOS

Seja Bem Vindo

E conhecereis a verdade, e a verdade vos libertará. João 8:32

CANAL SEGUINDO A VERDADE

Mensagem da semana - Semeai em Justiça

Mensagem da semana - Semeai em Justiça

A Bíblia em 1 minuto - 1 Pedro 5:7-8

A Bíblia em 1 minuto - 1 Pedro 5:7-8

Mensagem da semana - Pedindo e recebendo

Mensagem da semana - Pedindo e recebendo

Mensagem da semana - Andar no Espírito

Mensagem da semana - Andar no Espírito

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MENSAGENS

Não Desista Nunca!

Não Desista Nunca!

Existem pedras. Não desista de andar! Existem barreiras. Não desista de passar! Existem os nós. É preciso desatar! ...

[leia mais]

Vale sempre a pena

Vale sempre a pena

Nem tudo o que você fizer bem será elogiado. Haverá momentos em que tentará com muito esforço demonstrar um bom coração ... [leia mais]

O Deus do impossível

O Deus do impossível

Um jovem que trabalhava no exército era humilhado por ser cristão. Um dia seu superior querendo humilhá-lo na frente d... [leia mais]

Deus sabe o que faz

Deus sabe o que faz

Conta-se que um homem chamado Okiba teve que abandonar sua terra por motivos particulares, e, assim, peregrinou em reg... [leia mais]

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11 Surprising Health Benefits of Sleep - Mar 17, 2014 Whether theyll help you get into bed more relaxed or get out of bed more rested, weve compiled our definitive list of all the best sleep tips **Sleeping Well: How to Create Habits that Help You Sleep Better** Apr 8, 2017 For an article about how Silicon Valley and other innovators have taken podcasts and other inventions now devoted to a good nights sleep. **Top 10 Tricks for Getting Better Sleep - Lifehacker** Jan 27, 2017 A good nights sleep is about way more than just clocking seven to nine hours in bed each night. And now, experts in sleep medicine and other **8 simple, science-backed tricks to get better sleep - Business Insider** heart and metabolism. Follow these tips to get a deep sleep night. **How To Get The Deepest Sleep Tonight** Follow these tips for a good sleep tonight. **25 tips and tricks to help you get a better sleep - The Telegraph** **How to Get a Good Nights Sleep - The New York Times** Feb 24, 2017 But these days, with hectic work and family schedules and essentially unlimited hours of shows to stream, a good nights sleep can be hard to **37 Science-Backed Tips For Better Sleep Tonight HuffPost** Apr 7, 2014 And hey, you just feel so much better after a satisfying 8 hours of rest. But chances are, youre not getting it. Sleep issues are epidemic among **20 Ways To Sleep Better Every Night - Prevention** Jul 3, 2015 Be mindful Many who struggle to sleep worry about the past (how little sleep they have had) and the future (how bad things will be if they dont **5 Ways to Sleep Better - wikiHow** Many sleep sources say to avoid napping, but as long as the nap is not overly long it can help you get through the day and keep to a better bedtime routine. **How to Get a Better Nights Sleep - Well Guides - The New York Times** Jan 14, 2012 For something we spend half our life doing, a lot of us are pretty awful at sleeping. Here are our top 10 tips for falling asleep faster, getting **How to Get on a Sleep Schedule** Try to keep the following sleep practices on a consistent basis: Stick to a sleep schedule of the same bedtime and wake up time, even on the weekends. Practice a relaxing bedtime ritual. If you have trouble sleeping, avoid naps, especially in the afternoon. Exercise daily. Evaluate your room. **Twelve Simple Tips to Improve Your Sleep Healthy Sleep** Feb 11, 2016 You should be doing these things every day in order to get a full nights rest. 7 things a sleep scientist does to get a good nights sleep. **How to get to sleep - NHS Choices** Surprising new tips to help you get the rest you crave. **Top 15 Better Sleep Tips Better Sleep** Are you groggy and foggy in the mornings? Like most Americans youre probably not getting enough sleep. The good news is there are solutions to helping you **Sleeping Tips & Tricks - National Sleep Foundation** Tip 1: Keep in sync with your bodys natural sleep-wake cycle. Try to go to sleep and get up at the same time every day. Avoid sleeping in even on weekends. Be smart about napping. Fight after-dinner drowsiness. Limit caffeine and nicotine. Avoid big meals at night. Avoid alcohol before bed. **How to get a good nights sleep Sleep tips from ResMed** Nov 1, 2003 For many of us, bedtime can be a torment. Ironically, when it comes to sleep, were our own worst enemy. Our efforts to get some rest often turn Creating the right routine and environment for a good nights sleep, including having a comfortable bed, no TV, keeping a sleep diary and getting ready for bed. **How to Get Great Sleep! - 11 Easy, Actionable Tips You Can Start** Oct 6, 2016 Put a pillow between your legs to align your hips better and stress Regular exercise helps you sleep better -- as long as you dont get it in too **Sleep tips: 6 steps to better sleep - Mayo Clinic** May 3, 2017 Consider simple tips for better sleep, from setting a sleep schedule to including physical Go to bed and get up at the same time every day. **How I Get Great Sleep Night After Night - Simple Green Smoothies** Apr 11, 2017 All of that sounds great, right? Yes, but if youre struggling to get good quality sleep at night, you may be wondering how can I get in on all **How to Sleep Better - YouTube** How sleep benefits your heart, weight, mind, and more. Not anymore. Here are some health benefits researchers have discovered about a good nights sleep. **Sleep scientists tricks to getting a good nights sleep - Business**

Insider Getting to Sleep Quickly (Easy Methods) body will cool down, which helps you sleep better. **[WATCH] How to get great sleep! Sleeping tips & advice for a 20 Tips for Better Sleep - WebMD** But what about sleep? We spend about one-third of our lives asleep, and sleep is essential to better health. But many of us are struggling with sleep. Four out of **How to Have Deep Sleep So You Can Wakeup Feeling Refreshed** Dec 18, 2007 Following healthy sleep habits can make the difference between Light reading before bed is a good way to prepare yourself for sleep. **11 Unconventional Sleep Tips: How to Get to Sleep and Stay Asleep** May 7, 2015 Getting adequate sleep can help a number of health conditions, including bipolar disorder. Here are tips to get the shut-eye you need to **This Is What It Actually Means To Get A Good Nights Sleep HuffPost** Dec 12, 2012 - 5 min - Uploaded by watchwellcastLack of sleep can do a lot more make you have a bad morningit can hurt your mental and **How to Get Great Sleep Psychology Today** How to get a good nights sleep, from the sleep experts at . Try improving the quality of your sleep by following these important sleep tips. **How to Get Better Sleep (and Need Less Every Night) - Lifehacker** Welcome to the Jurys Inn video on How to Get Great Sleep. This short animation has practical tips & advice to help you get a good nights sleep. Give it a try, **Sleeping Well: How to Create Habits that Help You Sleep Better** Sep 4, 2015 - 4 min - Uploaded by JurysInnHotelsGet a great nights sleep with this animated instructional video from Jurys Inn Hotels