

Sleeping On The Job

"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

In Sweden, hundreds of refugee children fall into a state that resembles sleep for months or years at a time. In Le Roy, a town in upstate New York, teenage girls develop involuntary twitches and seizures that spread like a contagion. In the U.S. Embassy in Cuba, employees experience headaches and memory loss after hearing strange noises during the night. These are only a few of the many suspected culture-bound psychosomatic syndromes—specific sets of symptoms that exist in a particular culture or environment—that affect people throughout the world. In *The Sleeping Beauties*, Dr. Suzanne O’Sullivan—an award-winning Irish neurologist—investigates psychosomatic disorders, traveling the world to visit communities suffering from these so-called mystery illnesses. From a derelict post-Soviet mining town in Kazakhstan to the Mosquito Coast of Nicaragua to the heart of the María Mountains in Colombia, O’Sullivan records the remarkable stories of syndromes related to her by people from all walks of life. Riveting and often distressing, these case studies are recounted with compassion and humanity. In examining the complexity of psychogenic illness, O’Sullivan has written a book of both fascination and serious concern as these syndromes continue to proliferate around the globe.

Stacy, an unemployed woman desperate to find employment, finally lands a job in Customer Service, but the level of service required by the customers is much more than she had signed up for. Seduced and blackmailed by her boss, addicted to the luxurious lifestyle the financial compensation affords her, Stacy does the unexpected... Purchase this book to dive into the details of what a typical sex-filled day on the job is like for Stacy and what "Customer Service" means...

There is a growing concern in relation to the problem of insufficient sleep, particularly in the United States. In the early 1990s a Congressionally mandated commission noted that insufficient sleep is a major contributor to catastrophic events, such as Chernobyl and the Exxon Valdez, as well as personal tragedies, such as automobile accidents.

Adolescents appear to be among the most sleep-deprived populations in our society, though they are rarely included in sleep assessments. This book explores the genesis and development of sleep patterns in adolescents. It examines biological and cultural factors that influence sleep patterns, presents risks associated with lack of sleep, and reveals the effects of environmental factors such as work and school schedules on sleep. *Adolescent Sleep Patterns* will appeal to psychologists and sociologists of adolescence who have not yet considered the important role of sleep in the lives of our youth.

Proven solutions for a better night's sleep, from the "sleep guru" to elite athletes--rest for success in work, sports, and life One-third of our lives--that's 3,000 hours a year--is spent trying to sleep. The time we spend in bed shapes our moods, motivation, alertness, decision-making skills, reaction time, creativity...in short, our ability to perform, whether at work, at home, or at play. But most of us have disturbed, restless nights, relying on over-stimulation from caffeine and sugar to drag us through the day. The old eight-hour rule just doesn't work, and it's time for a new approach. Endorsed by leading professionals in sports and business, *Sleep* shares a new program to be your personal best. Nick Littlehales is the leading sport sleep coach to some of the biggest names in the sporting world, including record-breaking cyclists for British Cycling and Team Sky, international soccer teams, NBA and NFL players, and Olympic and Paralympic athletes. Here, he shares his proven strategies for anyone to use. You'll learn how to map your unique sleep cycle, optimize your environment for recovery, and cope with the demands of this fast-paced, tech-driven world. Read *Sleep* and rest your way to a more confident, successful, and happier you.

From the creator of the popular website *Ask a Manager* and New York’s work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There’s a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don’t know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You’ll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you’re being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate’s loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for *Ask a Manager* “A must-read for anyone who works . . . [Alison Green’s] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author’s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers’ lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green’s *Ask a Manager* column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “*Ask a Manager* is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

Arianna Huffington, the co-founder and editor-in-chief of The Huffington Post, and the author of the #1 New York Times bestseller *Thrive* delves into the sleep revolution that is happening all across the world - a revolution that can transform our lives.

Introduction by Dr. Herbert Benson, author of *The Relaxation Response* A drug-free, scientifically proven program for conquering insomnia in six weeks. At least thirty million adults are the stress of severe, chronic insomnia, and the numbers of sufferers are growing. Dr. Gregg Jacobs has used the six-week program offered in *Say Good Night to Insomnia* to help thousands of insomnia sufferers at the Behavioral Medicine Insomnia Program at Boston's Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School. The program succeeds by helping insomniacs change the way they think about sleep, making it a friend instead of an enemy. Among the many topics addressed are these: * Developing a sleep enhancing lifestyle including diet, exercise, and an understanding of the importance of body temperature * Stopping a dependency on sleeping pills * Managing negative emotions, stress, and anxiety * Quieting the mind and body to enhance inner feelings of peace *Say Good Night to Insomnia* is an empowering book that lets insomniacs take control of their minds and bodies by giving them the knowledge and techniques to overcome their problem forever.

This is a book about recovery. Not recovery from drugs, alcohol, or surgery, but recovery from the numerous and relentless demands we face in handling our everyday obligations. These demands take a toll on us. Regardless of whether they come from paid employment, caring for young children, looking after elderly parents, or trying to get through graduate school, our daily obligations weigh heavily on us. They deplete our energy. They drain us of motivation. They leave us feeling weary and exhausted. If you tend to feel worn out and want to know how to replenish yourself, this book is for you. We should be able to recover from our daily obligations during our downtime. But many of us don't. In this book we will explain why downtime is inadequate for helping us recharge our batteries, and present you with an effective alternative. Recent scientific developments from around the globe have shed light on the processes that reverse the draining effects of our obligations and help us successfully recover in our leisure time. Not only that, research also reveals that when effective recovery occurs it not only recharges our batteries, but makes us feel happier, makes us healthier, and makes us better at handling the demands that drained us in the first place. We call this boosting to reflect the multi-pronged benefits of successful recovery. In this book we draw on the most cutting-edge science to explain how to transform our ineffective downtime into valuable uptime. Uptime is the time away from our obligations that successfully satisfies the factors that lead us to feel replenished, recharged, recovered, and gives us a boost. Praise for *Boost*: "Boost has deep implications for everyone" ~ From the Foreword by Shawn Achor, New York Times, bestselling author of *Big Potential* and *The Happiness Advantage* "This book is bound to change your life! Writing in an informative, and highly engaging style, Gruman and Healey bring to light a revolutionary new way of dealing with the intensity of everyday obligations. This is by far one of the most comprehensive integrations of modern science and seasoned wisdom in positive psychology. I highly recommend this book." ~ Mirella De Civita, PhD President of Papillon MDC, Founder of Grand Heron International, author of *The Courage to Fall into Life* "'Boost' does just that! It gives you a lift! This book provides practical and encouraging examples of how to re-energize in the midst of our challenged and time pressured lives. An enjoyable and extremely beneficial read." ~ Chris Kotsopoulos CEO, Children's Wish Foundation of Canada "Do you want to know how to recharge? *Boost* is a must read for you. This fantastic book helps those of us wanting to understand the impact of replenishing ourselves on enhancing our connections, productivity, and happiness, and provides strategies to seriously improve the quality of our lives." ~ Lola Bendana Director, Multi-Languages Corporation "In the age of doing more with less, what every busy working person needs most is proven, practical strategies for staying productive and focused. This book delivers. After all I've read and heard about the energy crisis in today's workplace, *Boost* told me a lot I didn't know—and will apply, starting now." ~ Rona Maynard Former Editor of *Chatelaine*, Author of *My Mother's Daughter* "In today's world of smartphones, tablets, and relentless connectivity, it is almost impossible to find a reprieve from the stresses of our day to day lives. Gruman and Healey provide clear, well articulated, evidence-based guidance in their expertly written book. *Boost* is an essential read for anyone looking to live life to the fullest." ~ Marie-Helene Budworth, PhD Associate Professor, School of Human Resource Management, York University

Sit back and relax and learn about why overworking and under resting can be harmful to yourself and your career. "Rest is such a valuable book. If work is our national religion, Pang is the philosopher reintegrating our bifurcated selves."---Arianna Huffington, New York Times Book Review *Overwork* is the new normal. Rest is something to do when the important things are done-but they are never done. Looking at different forms of rest, from sleep to vacation, Silicon Valley futurist and business consultant Alex Soojung-Kim Pang dispels the myth that the harder we work the better the outcome. He combines rigorous scientific research with a rich array of examples of writers, painters, and thinkers---from Darwin to Stephen King---to challenge our tendency to see work and relaxation as antithetical. "Deliberate rest," as Pang calls it, is the true key to productivity, and will give us more energy, sharper ideas, and a better life. Rest offers a roadmap to rediscovering the importance of rest in our lives, and a convincing argument that we need to relax more if we actually want to get more done.

Insomnia usually appears in the presence of at least one other disorder. Particularly common co-occurring conditions include major depression, generalized anxiety, attention deficit/hyperactivity in children, and chronic pain. In sleep clinics, insomnia patients with co-occurring psychological disorders outnumber those with only insomnia two-to-one (National Institutes of Health), yet there are no books currently available to help those with insomnia comorbid with another mental health condition. *Quiet Your Mind and Get to Sleep* offers solutions to this sizeable population in a practical, step-by-step manner that simulates the experience of visiting a sleep therapist. This program in this workbook is based on a proven-effective cognitive behavior therapy (CBT) treatment program created by coauthor Colleen Carney. Readers will learn new skills for dealing with insomnia and complete simple worksheets and assignments that will help them evaluate their insomnia as well as their comorbid condition. Chapters address insomnia and depression, insomnia and anxiety (including generalized anxiety disorder, post-traumatic stress disorder, obsessive-compulsive disorder, and other specific types of anxiety), and insomnia and chronic pain.

The #1 New York Times bestseller by Tom Brady, six-time Super Bowl champion and one of the NFL's 100 Greatest Players of All Time. Revised, expanded, and updated, the first book by Tampa Bay Buccaneers and former New England Patriots quarterback Tom Brady—who continues to play at an elite level into his forties—a gorgeously illustrated and deeply practical

“athlete’s bible” that reveals Brady’s revolutionary approach to enhanced quality of life and performance through recovery for athletes of all abilities and ages. In this new edition of The TB12 Method, Tom Brady further explains and details the revolutionary training, conditioning, and wellness system that has kept him atop the NFL at an age when most players are deep into retirement. Brady—along with the expert Body Coaches at TB12, the performance lifestyle brand he cofounded in 2013—explain the principles and philosophies of pliability, a paradigm-shifting fitness concept that focuses on a more natural, healthier way of exercising, training, and living. Filled with lessons from Brady’s own training regimen, The TB12 Method provides step-by-step guidance on how develop and maintain one’s own peak performance while dramatically decreasing injury risks. This illustrated, highly visual manual also offers more effective approaches to functional strength & conditioning, proper hydration, supplementation, cognitive fitness, restorative sleep, and nutritious, easy-to-execute recipes to help readers fuel-up and recover. Brady steadfastly believes that the TB12 approach has kept him competitive while extending his career, and that it can make any athlete, male or female, in any sport and at any level achieve his or her own peak performance. With instructions, drills, photos, in-depth case studies that Brady himself has used, along with personal anecdotes and experiences from his legendary career, The TB12 Method gives you a better way to train and get results with Tom Brady himself as living proof.

Since the mid-1970s, pressure from international competition has forced business in the United States to look for better ways to achieve and maintain a competitive position. One popular tool is the self-managed work-team (SMWT). This book provides a thorough examination of SMWT both at the level of theory and at the practical level of when to use work teams to find solutions and how to develop successful teams. By examining the most widely accepted theories of work-team performance, illustrated by 10 case studies from the areas of manufacturing, public service and health care, the authors define: how high-performing self-managed work teams differ from work groups and short-term teams; the problems which compel an organization to use SMWT. Time Management Made Simple and Easy Fans of The Compound Effect by Darren Hardy, Eat That Frog by Brian Tracy, and 12 Week Year by Brian P. Moran and Michael Lennington will love Time Management Ninja. More time, stress relief, and relaxation: You want more time in your life. Time to spend with family, to achieve big goals, and to simply enjoy life. Yet, the world we live in is busier and changing faster than ever before. More things competing for your time, and more distractions interrupting your day. Simple and practical time management: You have tried to manage your time better but have found that most time management systems and tools are too complex. Or they are too unwieldy to be effective or sustainable. Time management shouldn’t be difficult, and it shouldn’t take up more of your precious time than it gives back! Easy tools, rules, and tactics: Craig Jarrow has been there, too. However, after spending many years testing time management tactics, tools, and systems and having written hundreds of articles on productivity, goals, and organization, Jarrow discovered a simple truth. Time management should be easy. More productivity and less stress: It is only when you simplify your approach that you can rise above the busyness and chaos of our fast-paced society. Time Management Ninja offers "21 Rules" that will show you an easier and more effective way to take control of your time and manage your busy life. If you follow these simple principles, you will get more done with less effort. You will have less stress and more time to do the things you want to do. No-stress, uncomplicated time management that works

“An important reminder of simple everyday practices to improve how we all work together, which will lead to greater team and individual happiness and performance. Great results will follow.”—Jack Dorsey, CEO of Twitter and Square “With just 30 changes, you can transform your work experience from bland and boring (or worse) to fulfilling, fun, and even joyful.”—Daniel Pink, author of When and Drive The vice president of Twitter Europe and host of the top business podcast Eat Sleep Work Repeat offers thirty smart, research-based hacks for bringing joy and fun back into our burned out, uninspired work lives. How does a lunch break spark a burst of productivity? Can a team’s performance be improved simply by moving the location of the coffee maker? Why are meetings so often a waste of time, and how can a walking meeting actually get decisions made? As an executive with decades of management experience at top Silicon Valley companies including YouTube, Google, and Twitter, Bruce Daisley has given a lot of thought to what makes a workforce productive and what factors can improve the workplace to benefit a company’s employees, customers, and bottom line. In his debut book, he shares what he’s discovered, offering practical, often counterintuitive, insights and solutions for reinvigorating work to give us more meaning, productivity, and joy at the office. A Gallup survey of global workers revealed shocking news: only 13% of employees are engaged in their jobs. This means that burn out and unhappiness at work are a reality for the vast majority of workers. Managers—and employees themselves—can make work better. Eat Sleep Work Repeat shows them how, offering more than two dozen research-backed, user-friendly strategies, including: Go to Lunch (it makes you less tired over the weekend) Suggest a Tea Break (it increases team cohesiveness and productivity) Conduct a Pre-Mortem (foreseeing possible issues can prevent problems and creates a spirit of curiosity and inquisitiveness) “Let’s start enjoying our jobs again,” Daisley insists. “It’s time to rediscover the joy of work.”

The #1 New York Times Bestseller: “A hilarious take on that age-old problem: getting the beloved child to go to sleep” (NPR). “Hell no, you can’t go to the bathroom. You know where you can go? The f**k to sleep.” Go the Fuck to Sleep is a book for parents who live in the real world, where a few snoozing kitties and cutesy rhymes don’t always send a toddler sailing blissfully off to dreamland. Profane, affectionate, and radically honest, it captures the familiar—and unspoken—tribulations of putting your little angel down for the night. Read by a host of celebrities, from Samuel L. Jackson to Jennifer Garner, this subversively funny bestselling storybook will not actually put your kids to sleep, but it will leave you laughing so hard you won’t care.

American University researchers Carmel and Espinosa distill more than a decade of research to address time-zone challenges in practical terms. The authors offer case studies, stories from global corporations, and recommendations that can immediately be put to use.

"Argues that monitoring one's electronic business communication 24/7 is actually counterproductive and offers a plan for companies to take time to ""disconnect"" in order to boost their productivity."

Follows Walrus on a journey through the city, as he tries on different hats to disguise himself from the chasing zookeeper.

At sixteen, Simon Murphy was an accomplished jewel thief, at eighteen he was released from a boy's reform school and these days, he's a detective with Chicago's Night Shift. When a familiar killer strikes again, Simon is forced to confront his past, his mob boss father, and the brother he hasn't seen in years. Of course, on the Night Shift, Simon also

contends with ghosts, vampires and other things that go bump in the night. Add angry boyfriends in the mix, and Simon's going to need all the help he can get.

Sleep disorders and disruptions are commonly associated with negative mood, hostility, poor concentration, and ego depletion. And while researchers have long investigated the widespread negative effects of shift work on individuals, the knowledge derived from these studies is rather limited to those with non-linear work schedules. However, whether employees are clocking in a normal 9-5 or trudging through the graveyard shift, sleep is a crucial activity for us all. If the quantity and quality of our sleeping patterns are disrupted, the consequences affect not only the employee but for the organization they work for, as well. *Work and Sleep: Research Insights for the Workplace* addresses the effects of sleep on employee and organizational functioning, and the impact of common work experiences on a night's rest. With a team of influential organizational psychologists at the helm, the editors lead a group of expert contributors as they each explore the issues that, regardless of industry, matter in work force well-being today.

Hier erhältlich sind die Noten von - *Sleeping on the Job* - für Klavier, Gesang und Akkordinstrumente.

The extraordinary life and career of the iconic twentieth-century inventor, technologist, and business magnate H. Joseph Gerber is described in a fascinating biography written by his son, David, based on unique access to unpublished sources. A Holocaust survivor whose early experiences shaped his ethos of invention, Gerber pioneered important developments in engineering, electronics, printing, apparel, aerospace, and numerous other areas, playing an essential role in the transformation of American industry. Gerber's story is remarkable and inspiring, and his method, redolent of Edison's and Sperry's, holds a key to a restored national economy and American creative vitality in the twenty-first century.

Sweet Sleep is the first and most complete book on nights and naps for breastfeeding families. It's mother-wisdom, reassurance, and a how-to guide for making sane and safe decisions on how and where your family sleeps, backed by the latest research. It's 4 A.M. You've nursed your baby five times throughout the night. You're beyond exhausted. But where can you breastfeed safely when you might fall asleep? You've heard that your bed is dangerous for babies. Or is it? Is there a way to reduce the risk? Does life really have to be this hard? No, it doesn't. *Sweet Sleep* is within reach. This invaluable resource will help you • sleep better tonight in under ten minutes with the Quick Start guide—and sleep safer every night with the Safe Sleep Seven checklist • sort out the facts and fictions of bedsharing and SIDS • learn about normal sleep at every age and stage, from newborn to new parent • direct your baby toward longer sleep when he's ready • tailor your approach to your baby's temperament • uncover the hidden costs of sleep training and “cry it out” techniques • navigate naps at home and daycare • handle concerns from family, friends, and physicians • enjoy stories and tips from mothers like you • make the soundest sleep decisions for your family and your life Advance praise for *Sweet Sleep* “Chock-full of advice and information . . . The editors smartly break the information into digestible bits organized by topics and age ranges. And for any parent desperate for an uninterrupted few hours of sleep, the advice is worth the read. *Sweet Sleep* includes extensive information on creating a safe sleep space, helping children learn to sleep on their own and defusing criticism of your family's choices. . . . This book is nothing but supportive of whatever your choices are about nursing and sleeping.”—BookPage “An essential guide for parents . . . detailed, practical advice on bed sharing and breast-feeding, with basic guidelines for safe bed sharing outlined in seven steps.”—Publishers Weekly

Sleeping on the Job Roba Digital Sheets

It started with a mother's love... Fleeing from a forest fire, a mother bear urges her two cubs into the watery shelter of a vast body of water. Though it will be difficult, she knows if they can swim across to the opposite shore, they will be safe. With calls of encouragement and steadfast love, Mother Bear guides her cubs across the great lake, Lake Michigan. And the story of what happens once Mother Bear reaches the far shore becomes the legend behind the natural wonder known as Sleeping Bear Dune. In 1998 writer Kathy-jo Wargin and nature artist Gijsbert van Frankenhuyzen combined their talents to bring *The Legend of Sleeping Bear* to life. Published to wide acclaim, the book was soon named the Official Children's Book of Michigan.

The church has been sleeping in sin for too long. The church has to realize that this is not God's plans for them. God wants us to be vigilant and sober to the scheme of the enemy. The church needs to be set free from the sleep in sin enchantment forest that the enemy has them trapped in once and for all. God wants to pour out his Spirit on all flesh in order to set the captive free. The church attains resurrection power residing inside of them, and they don't even know it.

Convenience Store Woman meets *The New Me* in this strange, compelling, darkly funny tale of one woman's search for meaning in the modern workplace. A young woman walks into an employment agency and requests a job that has the following traits: it is close to her home, and it requires no reading, no writing, and ideally, very little thinking. Her first gig--watching the hidden-camera feed of an author suspected of storing contraband goods--turns out to be inconvenient. (When can she go to the bathroom?) Her next gives way to the supernatural: announcing advertisements for shops that mysteriously disappear. As she moves from job to job--writing trivia for rice cracker packages; punching entry tickets to a purportedly haunted public park--it becomes increasingly apparent that she's not searching for the easiest job at all, but something altogether more meaningful. And when she finally discovers an alternative to the daily grind, it comes with a price. This is the first time Kikuko Tsumura--winner of Japan's most prestigious literary award--has been translated into English. *There's No Such Thing as an Easy Job* is as witty as it is unsettling--a jolting look at the maladies of late capitalist life through the unique and fascinating lens of modern Japanese culture.

The first critical study of 'empty labor', the time during which employees engage in non-work activities during the working day.

Dr. Daniel B. Botkin objectively assesses the true prospects, limitations, costs, risks, dangers, and tradeoffs associated with every leading and emerging source of energy, including oil, natural gas, coal, hydroelectric, nuclear, wind, solar, ocean power, and biofuels. Next, Botkin addresses the energy distribution system, outlining how it currently works, identifying its inefficiencies, and reviewing options for improving it. Finally, Botkin turns to solutions, offering a realistic, scientifically and economically viable path to a sustainable, energy-independent future: one that can

improve the quality of life for Americans and for people around the world. The Future of Fossil Fuels What can we realistically expect from oil, gas, and coal? Will Alternative Energy Sources Really Matter? Running the numbers on solar, wind, biofuels, and other renewables Must We All Wear Sweaters and Live in Caves? The right role for efficiency--and why energy minimalism isn't the solution Where We Can Start--and What Will Happen if We Don't No magic bullet, but there are sensible, realistic solutions

We all struggle to get to sleep, and then achieve a full night's sleep at some time in our lives. As a former staff nurse, I am acutely aware of the need to sleep and the detrimental affect sleep deprivation has on our health. My former job meant that I had to work shifts, including night shifts, which made falling into a regular sleeping routine difficult. I had to find a way to be able to achieve adequate sleep in the daytime, to be able to continue to work safely at night, and then be able to revert back to sleeping at night at the end of my night shifts. But it is not only shift workers who struggle getting to sleep and sleeping long enough to wake up feeling refreshed. We all have times during our lives when sleep has eluded us for varying reasons. I have therefore researched in depth the many things we can do to make getting to sleep and staying asleep easier. Understand the science of sleep, and learn tips and techniques that will help you get that elusive yet essential good night's sleep.

Addresses the phenomenon of sleep and sleeplessness in the United States, tracing the influence of medicine and industrial capitalism on the sleeping habits of Americans from the 19th century to the present

Discusses why napping is important to physical and mental health, explains sleep patterns and how napping can enhance them, and includes a "Nap Wheel" on the front cover to help readers plan the optimum nap.

Clinical practice related to sleep problems and sleep disorders has been expanding rapidly in the last few years, but scientific research is not keeping pace. Sleep apnea, insomnia, and restless legs syndrome are three examples of very common disorders for which we have little biological information. This new book cuts across a variety of medical disciplines such as neurology, pulmonology, pediatrics, internal medicine, psychiatry, psychology, otolaryngology, and nursing, as well as other medical practices with an interest in the management of sleep pathology. This area of research is not limited to very young and old patients—sleep disorders reach across all ages and ethnicities. Sleep Disorders and Sleep Deprivation presents a structured analysis that explores the following: Improving awareness among the general public and health care professionals. Increasing investment in interdisciplinary somnology and sleep medicine research training and mentoring activities. Validating and developing new and existing technologies for diagnosis and treatment. This book will be of interest to those looking to learn more about the enormous public health burden of sleep disorders and sleep deprivation and the strikingly limited capacity of the health care enterprise to identify and treat the majority of individuals suffering from sleep problems.

Aren't babies precious? So is sleep. Your baby is capable of sleeping through the night and this book will show you how. A whip smart and entertaining guide that focuses on WHY babies sleep the way they do, this book arms you with evidence-based and flexible tools that work for every unique situation so that you can teach your baby how to sleep well. This book will help you tackle the thorniest sleep snags, including: > Navigating the tricky newborn phase like a pro > Getting your child to truly sleep through the night > Weaning off the all-night buffet > Mastering the precarious tango that is healthy napping > Solving toddler and preschooler sleep struggles Sleep expert Alexis Dubief, of the wildly popular website, podcast, and group Precious Little Sleep, imparts effective, accessible, and flexible strategies based on years of research that will dramatically improve your child's sleep. You'll love the practical solutions and the way she presents them. And it works! Buy it now.

Stop stressing and learn to chill with this mindfulness and meditation guidebook that can help workaholics and others let go of anxiety and achieve and maintain the healthy work/life balance they need. We all know good health and happiness depends on having proper balance between our professional and private lives. But in today's hectic work environment, in which we must do more in less time with fewer resources, that goal can feel impossible to attain. We stay late at the office rather than being home with our families. We work into the night and on weekends to perfect that presentation or just catch up, rather than relaxing with a hobby or spending time with our friends. Under constant pressure to over-perform, work easily becomes the dominant force in our lives. Licensed psychotherapist and professor Bryan Robinson understands the demands we face. He also knows that it's difficult to stop the cycle of over-work. But there is a solution. In #Chill, Robinson explains how ending the cycle of work addiction can be achieved by reframing priorities and cultivating mindfulness in our daily lives. He provides a month-by-month guide with meditations that help center and soothe us, allowing us to step back, close our eyes, take a long breath, and focus on the moment. Filled with wise advice, inspiring quotes, and gentle guidance, #Chill gives us the tools we need to quiet our anxiety, break our addiction to work, and bring compassion, calm, confidence, and creativity into our daily existence—and at last, have the peaceful, balanced life we all deserve.

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