

# Sleep Smarter 21 Essential Strategies to Sleep Your Way to A Better Body Better Health and Bigger Success

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## BOOK DETAILS

- Author : Shawn Stevenson
- Pages : 288 Pages
- Publisher : Rodale Books
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## BOOK SYNOPSIS

Is high-quality sleep the missing component to help you shed fat for good, stave off diseases, and keep you productive? In *Sleep Smarter*, Shawn Stevenson, host of the popular podcast, *The Model Health Show*, answers these and many other sleep-related questions. As a teenager, Stevenson was diagnosed with a degenerative bone disease. He gave up on his health and his body, until he decided to fight back. Through years of research and consulting health experts, Stevenson discovered there is one criminally overlooked aspect of health: sleep. Through better sleep, Stevenson was able to achieve fitness and business goals he never thought possible, and now he shares his sleep secrets with the world. The book includes a 21-day plan with tips and tricks like the exact time of day to exercise for better sleep quality, what to wear to avoid waking up at night, and ways to fall asleep faster. *Sleep Smarter* is the ultimate guide to sleeping better, feeling refreshed, and achieving a healthier, happier life.

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