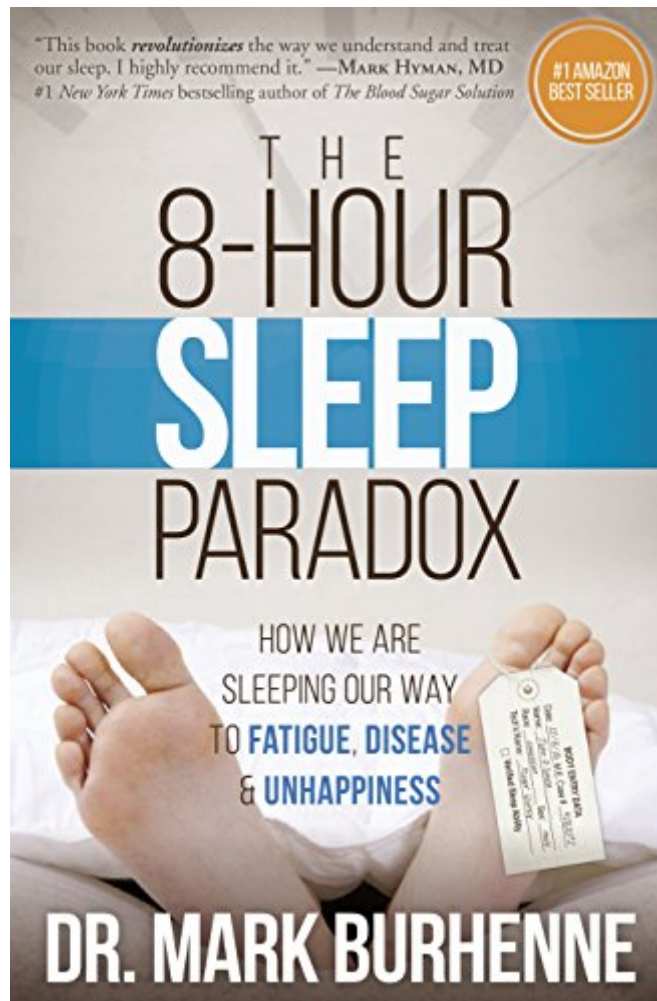


## The book was found

# The 8-Hour Sleep Paradox: How We Are Sleeping Our Way To Fatigue, Disease And Unhappiness



## Synopsis

The #1 Best Seller Surprising as it may seem, getting eight hours of sleep is the wrong approach to achieve great health and top performance. Most people with disrupted sleep don't know what they're missing because they've never experienced anything different. This book will teach you how to achieve your highest quality sleep to become your best, brightest, most capable self. This 3-step program will show you how you can get the kind of sleep that unlocks your ability to:- Achieve your perfect weight by suppressing your appetite naturally- Slow down the aging process- Wake up happy and refreshed every morning- Improve your energy levels, concentration and mental focus- End daytime sleepiness and brain fog

There are few iron laws of the universe, but here's one: if you want to be happier, healthier, and more productive, you need to get enough sleep. The 8-Hour Sleep Paradox will help you improve the quality of your sleep, so you'll feel more alive than ever.

-- Gretchen Rubin, NYTimes #1 bestselling author of The Happiness Project, Happier at Home, and Better Than Before

## Book Information

File Size: 8703 KB

Print Length: 131 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 30, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B015DIQBZ6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #72,613 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Medical eBooks > Diseases > Brain #2 in Kindle Store > Kindle eBooks > Medical eBooks > Dentistry > Orthodontics #4 in Books > Medical Books > Dentistry > Orthodontics

## Customer Reviews

Mark Burhenne's book goes beyond the normal "how to get better sleep" articles that we've all tried

looking up on the web (the ones that give the standard tips, like no blue lights, using lavender, etc). The 8-Hour Sleep Paradox instead focuses on an often overlooked cause of daytime tiredness - the importance of the airway during sleep, which often relaxes and collapses, resulting in restricted airflow and in turn, a negative impact on sleep quality (the book basically points out that if your brain thinks that you're suffocating, it wakes you up, and forces itself to reboot during sleep). Dr. Burhenne is a dentist who focuses on sleep medicine. He addresses the obvious question right off the bat, about why a Dentist is writing a book about sleep disorders, and explains a personal connection to sleep apnea in his own family, as well as the important link between dental and facial development (which has evolved over time with modern society, but has unfortunately led to increased potential for a narrower airway among humans). The book covers the importance of sleep, just what happens during sleep in terms of physical and mental restoration, and how it corresponds to general physical as well as mental and emotional well being, including stress management and your ability to function throughout the day. The main purpose of this book is to introduce you to the idea that you may not be sleeping well at night, and offers examples of people who have received and benefited from sleep study, as well as tips on how to work with insurance companies and doctors in order to get help from a sleep clinic, and the various treatment methods offered through them.

Shall we dispense with the legalities first? I received a complimentary copy of this book in exchange for an honest review. There are many first rate reviews of this book already listed, and I shall try not to duplicate too much of those reviews. When the chance to read and review this book came across my screen, I jumped at it. I've suffered from insomnia since I first became a mother. (Yes, I think there might be a correlation, and though my kids no longer live at home, I truly wonder if insomnia, in this case, became a habit I need to learn to break? Or is there a more sinister, underlying cause?) I quite literally read this book in one sitting; I found it that well written and that informative. As a child (post tonsillectomy) I required 9-10 hours of sleep a night, as an adult, that time dropped to around 8, and I now consider myself lucky to get 7. Do I snore? I don't know. No one has ever complained about it, but I am going to get one of the apps for my phone to find out. And I am going to ask my dentist the questions Dr. Burhenne recommends. In fact, I have ordered a copy of the book to give him well before my next visit so he will have a better idea of why I'm asking the questions. I am also going to talk to my MD about the possibility of a sleep study. If you sleep, I recommend you read this book. If you sleep but don't sleep well, this book could, literally, save your life. If your sleep partner snores, snorts, mumbles, &c, in her/his sleep, this book could save his/her life "and possibly your partnership. One of the first things I noticed is the use of footnotes v. end



Cravings, Weight Loss Booster (The Sleep Learning System)

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