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### **Sleep Smarter Shawn Stevenson**

Shawn Stevenson's Sleep Smarter is the first book I recommend to leaders who

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want to achieve peak performance. Most people try to maximize their "time" when the real secret to productivity is to maximize your energy, and that begins with getting enough great sleep. This book will quickly put you to sleep...in a good way.

## **Sleep Smarter - The Ultimate Guide**

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## **To Maximizing Your ...**

Through better sleep and optimized nutrition, Stevenson not only healed his body but also achieved fitness and business goals he never thought possible. In Sleep Smarter, Stevenson shares easy tips and tricks to discover the best sleep and best health of your life. With his 14-Day Sleep Makeover,

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you'll learn how to create the ideal sleep sanctuary, how to hack sunlight to regulate your circadian rhythms, which clinically proven sleep nutrients and supplements you need, and stress-reduction ...

**Sleep Smarter: Shawn Stevenson, Sara Gottfried, MD, Shawn ...**

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Through better sleep and optimized nutrition, Stevenson not only healed his body but also achieved fitness and business goals he never thought possible. In Sleep Smarter, Stevenson shares easy tips and tricks to discover the best sleep and best health of your life. With his 14-Day Sleep Makeover, you'll learn how to create the ideal sleep



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sanctuary, how to hack sunlight to regulate your circadian rhythms, which clinically proven sleep nutrients and supplements you need, and stress ...

## **Sleep Smarter: 21 Essential Strategies to Sleep Your Way ...**

Sleep Smarter: 21 Essential Strategies to Sleep Your Way to A Better Body, Better

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Health and Bigger Paperback – January 1, 2019 by Shawn Stevenson (Author)

## **Sleep Smarter: 21 Essential Strategies to Sleep Your Way ...**

The good news is that there is hope for your sleep hygiene. Shawn Stevenson's Sleep Smarter: 21 Essential Strategies to Sleep Your Way to A Better Body, Better

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Health, and Bigger Success will show you exactly what you need to do to get better sleep. You'll also feel more motivated to get better sleep when you see the science around it.

## **Sleep Smarter Summary by Shawn Stevenson - Four Minute Books**

Shawn Stevenson 4.03 · Rating details ·

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4,830 ratings · 560 reviews Sleep Smarter is a fun and entertaining look at how sleep impacts your mind, body, and performance, without skimping on the "how to's" to get the sleep you really deserve.

**Sleep Smarter: 21 Essential Strategies to Sleep Your Way ...**

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Sleep Smarter by Shawn Stevenson is the ideal book for anyone looking to really take your energy and wellness to the next level and at the same time improve the quality of your sleep. Sleep Smarter is a quick and easy read packed with facts, studies and scientific insight all about getting better quality sleep.

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## **Sleep Smarter | PDF Book Summary | By Shawn Stevenson**

"Sleep Smarter" by Shawn Stevenson :  
Book Summary Sleep Smarter: 21  
Essential Strategies to Sleep Your Way  
to A Better Body, Better Health, and  
Bigger Success By Shawn Stevenson  
Original Audiobook Description: Sleep  
Smarter by Shawn Stevenson When it

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comes to health, there is one criminally overlooked element: sleep. Good sleep helps you shed fat for good, stave off disease, stay productive ...

## **Sleep Smarter by Shawn Stevenson - Book Summary ...**

So I'm excited to share this conversation on the subject with sleep expert Shawn

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Stevenson. A wellness evangelist and host of the Model Health Show podcast, Shawn also recently authored Sleep Smarter: 21 Essential Strategies to Sleep Your Way to A Better Body, Better Health, and Bigger Success\*.

## **How To Sleep Smarter With Shawn Stevenson | Rich Roll**



## Get Free Sleep Smarter Shawn Stevenson

When it comes to health, there is one criminally overlooked element: sleep. Good sleep helps you shed fat for good, stave off disease, stay productive, and improve virtually every function of your mind and body. That's what Shawn Stevenson learned when a degenerative bone disease crushed his dream of becoming a professional athlete.

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## **Sleep Smarter: 21 Essential Strategies to Sleep Your Way ...**

Sleep Smarter is the book published in 2014, written by Shawn Stevenson. He is covering 21 essential strategies to sleep your way to a better Body, better Health, and bigger success. Shawn Stevenson is an author, keynote speaker and

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podcaster.

## **how to get better sleep from book Sleep Smarter by Shawn ...**

Shawn Stevenson's Sleep Smarter is the first book I recommend to leaders who want to achieve peak performance. Most people try to maximize their "time" when the real secret to productivity is to

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maximize your energy, and that begins with getting enough great sleep. This book will quickly put you to sleep...in a good way.

## **Shawn Stevenson - Huffington Post - Sleep Smarter**

Shawn Stevenson is a bestselling author and creator of The Model Health Show,

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featured as the #1 Health podcast in the world on iTunes. With a university bac...

## **Sleep Smarter | Shawn Stevenson | Talks at Google - YouTube**

Shawn talks about melatonin in his book Sleep Smarter. In short, in certain cases we do recommend but in lower doses such as .5mg-3mg at night. A lot of the

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supplements are 10-12mg which can be too much. Onnit has a great sublingual brand we use when we travel.

### **Sleep Problems? 21 Tips to Get The Best Sleep Ever - The ...**

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## **Sleep Smarter by Shawn Stevenson (animated book summary ...**

Sleep Smarter is the ultimate guide to sleeping better, feeling refreshed, and achieving a healthier, happier life.

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title, the accompanying reference material will be available in your My Library section along with the audio.

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**Sleep Smarter by Shawn Stevenson, Sara Gottfried MD ...**



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In *Eat Smarter*, nutritionist and international bestselling author Shawn Stevenson delivers fascinating new science revealing how food controls our metabolism, memory, sleep, and so much more. Food isn't just food, it's information. And every bite we take creates a cascade of effects that reach far beyond the realm of conventional

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weight loss.

## **Eat Smarter - The Ultimate Guide To Upgrading Your Mind ...**

Sleep Smarter: 21 Essential Strategies to Sleep Your Way to a Better Body, Better Health, and Bigger Success Audible Audiobook - Unabridged Shawn Stevenson (Author, Narrator), Sara

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Gottfried MD - foreword (Author), Sara Gottfried (Narrator), 4.6 out of 5 stars  
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for any length of time, there is one thing  
you will quickly notice. I love to learn.

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