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Take a Nap! Change Your Life

By Sara Mednick, Mark Ehrman

Workman Publishing. Paperback. Book Condition: new. BRAND NEW, Take a Nap! Change Your Life, Sara Mednick, Mark Ehrman, Imagine a product that increases alertness, boosts creativity, reduces stress, Improves perception, stamina, motor skills, and accuracy; enhances your sex life, helps you make better decisions, keeps you looking younger, aids in weight loss, reduces the risk of heart attack, elevates your mood, and strengthens memory. Now imagine that this product is non toxic, has no dangerous side effects, and, best of all, is absolutely free. This miracle drug is, in fact, nothing more than the nap: the right nap at the right time. The work of Sara C. Mednick, Ph.D., a researcher at the Salk Institute and the leading authority on the study of the nap, "Take a Nap! Change Your Life" is the scientifically-based breakthrough programme that shows how we can fight the fatigue epidemic-which afflicts millions of people all over the world, through a custom-designed nap. "Take a Nap! Change Your Life" explains the five stages of the sleep cycle, particularly Stage Two, Slow Wave Sleep, and REM, and the benefits each one provides; how to assess our tiredness and set up a personal sleep profile; and how to...



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