



Sleeping Your Way to the Top: How to Get the Sleep You Need to Succeed

Terry Cralle , W. David Brown

[Download now](#)

[Read Online](#) 

Sleeping Your Way to the Top: How to Get the Sleep You Need to Succeed

Terry Cralle , W. David Brown

Sleeping Your Way to the Top: How to Get the Sleep You Need to Succeed Terry Cralle , W. David Brown

Many people today believe that the less sleep you get, the more productive you are. But two nationally recognized experts are here to debunk that myth and show that sufficient sleep and success go hand in hand. A groundbreaking collaboration between certified clinical sleep educator Terry Cralle, RN, and sleep psychologist W. David Brown, PhD, *Sleeping Your Way to the Top* presents the ultimate wake-up call for ambitious people who wish to achieve maximum performance. Based on compelling new research, it provides the latest clinically proven techniques for getting quality rest, achieving maximum productivity, and overcoming common sleep impediments to enhance your career. Featuring sidebars, charts, and illustrations, this book finally takes the stigma out of sleep.

Sleeping Your Way to the Top: How to Get the Sleep You Need to Succeed Details

Date : Published April 5th 2016 by Sterling

ISBN : 9781454918486

Author : Terry Cralle , W. David Brown

Format : Hardcover 288 pages

Genre : Health, Nonfiction

 [Download Sleeping Your Way to the Top: How to Get the Sleep You ...pdf](#)

 [Read Online Sleeping Your Way to the Top: How to Get the Sleep Yo ...pdf](#)

Download and Read Free Online Sleeping Your Way to the Top: How to Get the Sleep You Need to Succeed Terry Cralle , W. David Brown

From Reader Review Sleeping Your Way to the Top: How to Get the Sleep You Need to Succeed for online ebook

C.K. Conners says

This book put me right to sleep :)

I received this book via a Goodreads giveaway

Sharon says

Definite keeper. Not only is this a self-help book on how to fix your sleep deficit problems (and I say, "your", because most of us have this), but it's also extremely informative on the sheer science of sleep - what it is, what it does, what it does when you're shorted.

All around great book and top notch self help book.

This was a goodreads giveaway.

Olivia says

Very repetitive book that seems to think you're unable to retain any information. The layout of it is also sometimes confusing, with bits of unrelated information interspersed throughout chapters. In conclusion there was some interesting information, but it was badly presented and organized.

Julie says

Great info but a lot of fluff, too.

Austin says

This is a fantastic book full of useful information on the science of sleep habits and how important getting enough/proper sleep is to everyday life. Very accessible writing full of anecdotal examples that help explain the concepts in everyday language. After finishing this book, I can look back on the things that I've learned and started putting in to practice while I was still reading. Highly recommended for anyone struggling with sleep habits.

Online Eccentric Librarian says

More reviews (and no fluff) on the blog <http://surrealtalvi.wordpress.com/>

Sleeping Your Way To The Top is an easy to follow book that debunks quite a few sleep myths while providing the latest research and findings in the field. It is a bit light on the actual suggestions - though each chapter does have some general guidelines. As such, this is intended for normal people who want to do better in their work environment and not for those with serious sleep issues.

The book breaks down as follows: Part One: The Seduction of Sleep (Trumping Sleep; Pure, unadulterated Sleep; Sleep is NOT a Dirty Word; Now Now, I'm Tired; Sleep and Grow Rich); Part Two: Sleeping for Profit (Strange Bedfellows; Staying Power, If You've Got it, Flaunt It; Sleeping With The Stars; You Are What You Sleep; Who's On Top?); Part Three: All You Need Is Sleep (Get A Room; Sleep Envy; Good in Bed; Sleep, Drugs, and Rock & Roll; Sleeping With The Enemy; How About A Quickie?; Sleep Habits of Highly Effective People; Sleeping Your Way To The Top).

The authors are very friendly and cover the topics efficiently and with humor. It makes for a pleasant read and definitely doesn't get bogged down by the statistics and facts. But it also rambles a bit and points are repeated several times throughout. The emphasis is definitely on the results/symptoms of sleep issues and how they affect every day performance. Not surprisingly, debunking a statement made by Donald Trump about being successful because he doesn't sleep is the rallying cry repeated throughout the book: few people can avoid sleep and succeed.

Because this is aimed at businessmen (or those in a business environment such as professional athletes, writers, etc.), that is the focus throughout - how to do your job better. Yes, the tips are applicable to say, e.g., a homemaker, college student, etc. But at heart, the title really does say it all - sleep effectively to be better at your job.

Rather than Self Help, I would categorize this as a business book, in the lines of being a better manager especially. Again, not intended for those with serious sleep issues but there is some great information and advice in here for the average person - from creating a clean bedroom free of distraction, clutter, noise, even partners sometimes - as well as other issues such mattresses, sex, stress, circadian rhythms, etc. etc. The friendly tone makes for a quick and easy read - just not on a Kindle before bedtime due to blue light leakage! Reviewed from an advance reader copy provided by the publisher.

Sara Goldenberg says

It was ok. There are better sleep books out there tho
