



Essentials of Sleep for Fitness

By M Usman, John Davidson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Prelude Getting Started Chapter # 1: Optimal Sleep Chapter # 2: Why is Sleep Important? Chapter # 3: Purpose of Sleep Sleep Hacking Chapter # 1: What is it? Chapter # 2: Ways to Optimize Sleep Chapter # 3: Tips to Remember Conclusion Author Bio References Publisher Prelude Sleep is probably the most underrated entity in the fast paced environment of the 21st century. More and more people are trying to increase their working hours as their work load increases, while keeping their leisure time unchanged; this can only come from shortening their sleeping time. Even though at first this might sound like a win-win situation, it s actually not. The sleep quality and quantity are linearly dependent on each other, so one can t stay up while the other s down. Sleep hygiene is a term which can effectively describe the quality of one s sleep. It is basically a combination of different practices which must be topped up in order to get a normal sleep during night time and a proper level of...

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