

Are You Ready to “Sleep Smarter”™?

Description

I’m a long time subscriber to [The Model Health Show](#) podcast created by Shawn Stevenson, a health and wellness professional, author, and awesome dad. His new book, [Sleep Smarter](#), is set to release mid-March and I have the opportunity to help share with you!

[sleep smarter, shawn stevenson, healthy, health](#)

For the longest time, I would put sleep way down on the priority list thinking I could get by with 5 or less hours of sleep. After reading and listening to podcasts like The Model Health Show, I learned just how important sleep is for our bodies. Not just for rest, but for happiness, success, and overall well-being.

As part of the *Sleep Smarter* Launch Team, I will receive a copy of the book before its release for me to review. It’s set to arrive in my mailbox this week and I can’t wait to start reading immediately. Even better, I can read as I settle down for the night and relax on our [Naturepedic EOS Series mattress](#).

Here are the details about the book as listed on the [Sleep Smarter book web page](#):

Sleep Smarter is a fun and entertaining look at how sleep impacts your mind, body, and performance, without skimping on the “how to” to get you the sleep you really deserve. Sleep Smarter includes a fresh 14-Day Sleep Makeover Plan to help you optimize your sleep each and every night. This critically acclaimed book is loaded with tips and tricks like.

- How to optimize your body temperature to fall asleep faster
- How to hack sunlight to regulate your sleep hormones
- Which clinically proven sleep nutrients and supplements you need to take and why
- Why your mattress may be the cause of more than just sleep problems
- The specific time of day to exercise to unlock more rejuvenative sleep
- How to properly use therapies like massage and acupressure to quickly eliminate sleep problems
- How to instantly reduce stress hormone levels to fall asleep faster and wake up more refreshed

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

I know having a quality mattress like what’s provided by [Naturepedic is an essential part to a good sleep](#), but there’s so much to sleep that I never considered before. [Sleep Smarter has 21 strategies](#) to attain a healthful, energizing sleep to improve your life. And the stress part? Ohhhh boy, I am ready to learn about that part for sure!

If sleep is something you know you need more of (as most parents do!) or don't consider that important, I strongly urge you to [pre-order the book here](#). You'll also receive several amazing bonuses if you pre-order before 3/14/16. I'll be sharing more about *Sleep Smarter* and the overall benefits of getting good sleep in future posts, so be sure to check back frequently.

While you're waiting, [pre-order your copy](#) and listen to Shawn on [The Model Health Show](#) to learn all about leading a healthy life for you and your family. Speaking of, Shawn is also part of a podcast on fatherhood called [The Good Dad Project](#), another favorite I highly recommend!

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