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Sleep Wise: How to Feel Better, Work Smarter, and Build Resilience

Daniel Blum

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The Center for Disease Control considers insufficient sleep a national public health epidemic— nearly 30% of adults and two–thirds of all high school students report they regularly get insufficient sleep. Time, effort, and intention are required to keep our sleep healthy. In *Sleep Wise*, Dr. Daniel Blum discusses the everyday activities and habits that play a major role in shaping sleep and overall health, including physical exercise and diet. *Sleep Wise* incorporates sleep science, mindfulness practices related to sleep, and real–world examples and anecdotes to support a mindful, sustainable sleep practice. Anybody who has trouble sleeping will be relieved to have this enjoyable, effective manual at their bedside.

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