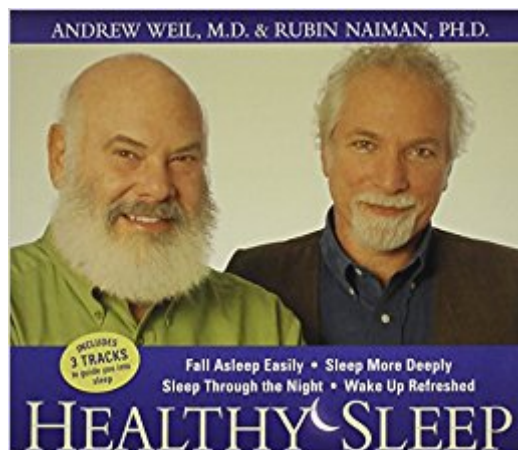




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# Healthy Sleep: Fall Asleep Easily, Sleep More Deeply, Sleep Through The Night, Wake Up Refreshed



## Synopsis

Wake Up Refreshed with Proven Practices for Optimum Sleep. Imagine waking up each day alert, invigorated, and at the peak of health without needing that cup of coffee to get going. For many, this sounds like a fantasy. But according to Dr. Andrew Weil and his colleague Dr. Rubin Naiman, healthy sleep and healthy waking are well within your grasp, without turning to drugs. On *Healthy Sleep*, these two mind-body experts present practical tools to help you enjoy the life-changing health benefits of optimum sleep, covering the roots of insomnia, and natural means to overcome it; the spiritual component of sleep and dreaming the missing ingredient to truly rejuvenating sleep; eight practices from Dr. Naiman to address your specific sleep concerns including three sessions to help you fall asleep; and much more.

## Book Information

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## Customer Reviews

Andrew Weil, one of America's best known advocates of alternative medicine and holistic healing, attended Harvard Medical School. He has worked for the National Institute of Mental Health and the Harvard Botanical Museum. He is the founder of the Program in Integrative Medicine at the University of Arizona Health Sciences Center and Associate Director of the Division of Social Perspectives in Medicine, University of Arizona. Weil's books include *Spontaneous Healing* and *Natural Health and Eight Weeks to Optimum Health*. Rubin Naiman, Ph.D. is a clinical psychologist who specializes in behavioral sleep and dream medicine. He is the sleep specialist and a clinical assistant professor of medicine in the Program in Integrative Medicine at the University of Arizona in

Tucson.

Alternative medicine guru Weil teams up with sleep expert Naiman to discuss how sleep affects all aspects of health. Weil is such an accomplished speaker that he immediately makes the listener excited about the subject matter. Ever engaging, he discusses sleep stages, mindful awakening, and why sleep drugs are detrimental. Naiman offers practical tips and guided relaxation exercises. His voice is confident, relaxing, and well suited for the guided exercises, which are at the end of the CD so listeners can listen in bed without having to turn the CD off if they fall asleep. Multiple track titles allow listeners to easily navigate the information in CD format. If you suffer from insomnia, *HEALTHY SLEEP* is a must. J.T. Â© AudioFile 2008, Portland, Maine-- Copyright Â© AudioFile, Portland, Maine

Do not listen to these CDs while driving! 1st guy, Weil, gives the science part. 2nd guy, a bit too acid-addled for my taste, talks some about theory but his genius is in his voice: it's impossible to stay awake when he is talking. I am not an insomniac. Others may be more resistant to his sand-man charms. But between the breathing exercises and the warm-lecture-hall-after-lunchtime-voice, I'm guessing you, too, will succumb.

I gave it as a gift.

I thought it would be more like Dr. Weil's *Healing Sounds* cd. I wanted to relax and hear him talk me through a relaxation session. This is a book.

On this CD set, Professor Naiman turns a liability into an asset. His speaking voice will put you to sleep no matter what he is saying. I'm sure that many of his students fall asleep when he lectures. Having written that, I must say I do appreciate his approach to overcoming sleeplessness. And his speaking style is a real bonus. New research is finding that not getting enough sleep causes people to be irritable, make more mistakes, and even tends to shorten lives. Get this CD set if you have trouble sleeping. It really could help if you give it an honest try. It helped me.

Perhaps if you're new to insomnia you will find some helpful ideas in these 2 CDs, and very small pamphlet. However, if you've had any, and I mean any, basic instruction about good sleep hygiene or have read any of the good books out there, you'll find this material rudimentary. Moreover, the

guided imagery was off-putting to me. Using an airplane for a metaphor does not nudge me into sleep. And I'm glad some people found the voices soothing. To me they were just average and not sleep inducing at all. Far more helpful is a small book called "Zen and the Art of Sleep" by Eric Chiles which, if you've done any mindfulness work, really helps you apply it to insomnia and understand how to "let go" and let sleep happen.

I always like Andrew Weil' This gave a lot of information about a lot of different aspects of sleep--helpful to anyone having trouble sleeping.

Excellent. Well paced. Easy to Understand. Comprehensive. Gentle but authoritative voices. Recommend without reservation. Especially liked the 4-7-8 breathing technique. Got my first good night's sleep in a long, long time after listening to the whole CD.

This cd is so similar to the Yoga of sleep that I should have just gotten one or the other. The cd is useful, but I don't need two so alike.

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