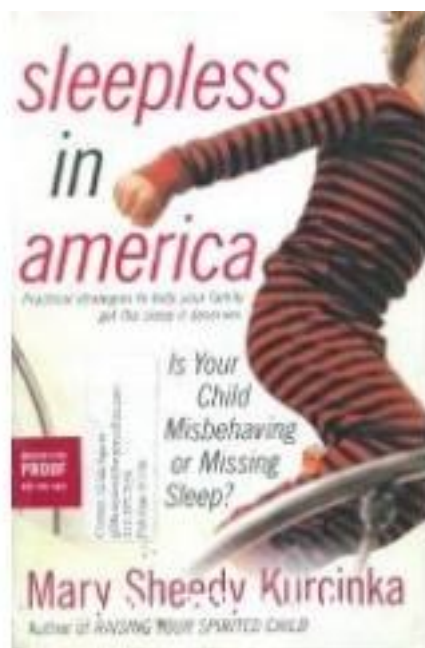


# Sleepless in America



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出版者:Harpercollins

出版时间:2007-1

装帧:Pap

isbn:9780060736026

Does your child Refuse to cooperate in the morning? Get into trouble for not listening? "Lose it" over seemingly insignificant issues? Seem to resist sleep? An estimated 69 percent of American infants, children, and teens are sleep deprived. Studies have shown that sleep deficits can contribute to hyperactivity, distraction, forgetfulness, learning problems, illness, accidents, and disruptive behaviors. Often what our misbehaving kids really need isn't more "consequences" or more medication but more sleep. Sleepless in America offers weary and frustrated parents a helping hand and an exciting new approach to managing challenging behaviors by integrating research on stress, sleep, and temperament with practical strategies and a five-step approach that enables parents to help their "tired and wired" children get the sleep they so desperately need.

作者介绍:

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评论

1. 你不是不想睡，而是你没有明确做完哪些事就允许自己睡了，你可以列一个“做完就睡清单”，对于早睡特别有效。比如今天我列的是：看15分钟书，通常这些事和工作无关，当这些任务完成的时候，我的焦虑一下子被释放了，坦然洗洗睡。 2. 设置一个睡觉闹钟，因为我们沉浸在手机里的时候是很难自拔的，闹钟一响，就能让你的大脑意识到已经到了睡觉时间了，这时候你就可以进入睡前仪式。 3. 建立一套睡前仪式，让你丝滑的进入睡觉状态。这个仪式分为三阶段，第一个阶段叫过渡活动，你可以把手机放到书房充电，电视关掉，过渡活动的目的是停下当前正在进行的活动，切换到睡前状态。然后做8个拉伸动作，冲澡，这是第二阶段联结和舒缓活动，目的是让自己放松下来。最后是关灯，这是信号活动，正式睡觉的信号，也应该是睡前做的最后一件事。

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书评

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