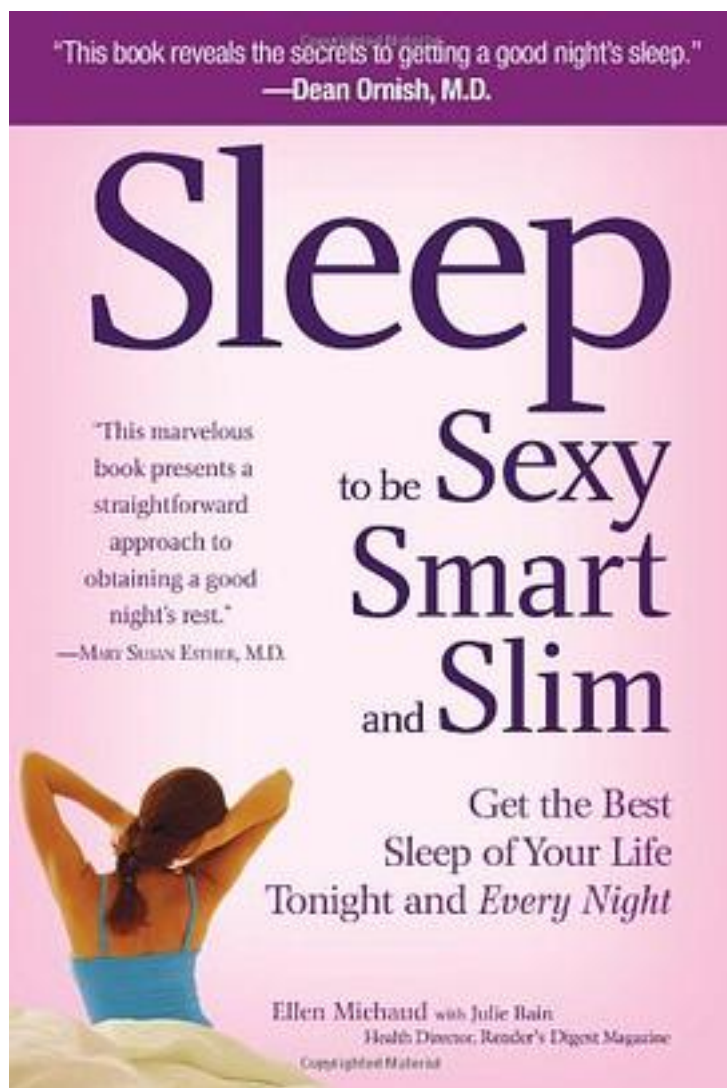# Sleep to Be Sexy, Smart, and Slim

[Sleep to Be Sexy, Smart, and Slim_下载链接1_](#)

著者:Michaud, Ellen/ Bain, Julie/ Esther, Mary Susan, M.D. (FRW)

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Based on interviews with more than 100 of the country's top sleep experts, Sleep to Be Sexy, Smart, and Slim provides women with an understanding of the issues surrounding sleep and offers hundreds of solutions, tips, and strategies for dealing with their unique sleep challenges.

The book is organized into six sections:

* Introduction: Discusses how sleep affects every part of your life from sex to IQ to energy to aging.

* Part 1-Do You Have a Sleep Problem? Quizzes to let you determine your sleep style and how much sleep is enough.

* Part 2-Surefire Strategies for Getting a Good Night's Sleep : Solutions that are most appropriate for your sleep type. You'll be surprised at the number of things you can do to eliminate sleep interrupters.

* Part 3-Sleep Saboteurs : The most common sleep problems or challenges- with testimonials from women who share both their problem and personal tricks.

* Part 4-The New Meds: A thumbs up, thumbs down look at the new meds. Doctors are quick to prescribe sleep aids but that's a temporary fix. This section lists the top-selling sleeping pills and their sometimes bizarre side effects.

* Resources: Provides a state-by-state listing of sleep centers, websites, and helpful information.

The thoroughly researched, concise information in this book is written in a lively, engaging style and delivers the latest research solutions that will let every woman realize the book's promise: Get a good night's sleep, and you will feel sexier, smarter, and slimmer.

作者介绍:

艾伦·米歇尔德

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朱莉贝恩

健康和消费者的读者文摘服务主管，并负责所有医疗，健身，营养，心理和个性化的服务内容。该杂志是世界上最大的，排名第一的健康杂志。贝恩的热情致力于健康的生活及医疗消息，使她成为非常受欢迎的专家，接受多家电视，电台，播客嘉宾采访。

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