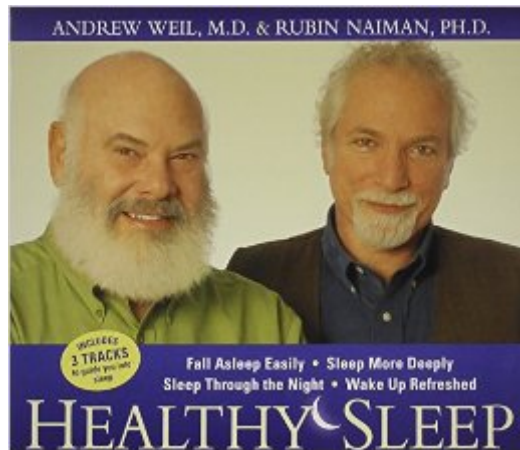


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# Healthy Sleep: Fall Asleep Easily, Sleep More Deeply, Sleep Through The Night, Wake Up Refreshed



## 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

Audio CD

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Best Sellers Rank: #366,910 in Books (See Top 100 in Books) #5 in [Books > Books on CD > Authors, A-Z > \( W \) > Weil, Dr. Andrew](#) #183 in [Books > Books on CD > Health, Mind & Body > General](#) #186 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders](#)

## Customer Reviews

Healthy sleep is a cornerstone of good health that is often overlooked. Alternative medicine expert Dr. Weil and his colleague Dr. Naiman, a sleep expert at the University of Arizona, shed light on how sleep affects health. The CD begins with Dr. Weil talking about sleep in innovative and informative ways. His voice keeps the listener engaged, as he breaks down the different stages of sleep, as well as talking about the importance of mindful awakening. He discusses why sleep drugs are detrimental to healthy sleep, but offers an alternative for people struggling with sleep disorders. Dr. Naiman then takes over to provide practical tips for better sleep, along with breathing and relaxation exercises that can help listeners achieve a good nights rest. His voice is relaxing and

confident, and is well suited for the guided meditation/breath work included on the CD. The CD is also well organized with the sleep exercises at the very end of the CD. This allows you to play the guided exercises at bed time, and if you fall asleep the CD will just end and you won't have to get up and turn it off. Multiple track titles allow listeners to easily navigate the information in CD format. The book touches not only insomnia - or trouble falling asleep, but also the common problem of achieving restful sleep. This would apply to people who don't have trouble falling asleep, but rather don't wake up feeling rested. If this is the type of sleep disorder you suffer from you might be left wanting more information. The exercises and most of the research presented in Healthy Sleep address more typical "insomnia". But if falling asleep is your main problem this CD is a must have. It provides background research, practical tips, and guided exercises to help you achieve maximum health through proper sleep.-Jessica Teel

My boss gave me this book, because she knows I have insomnia. I wake up almost every night around three or four and can't go back to sleep. I tried the exercises on the CD, and they really helped calm my racing mind. The breath work they teach is simple and effective! I also enjoyed hearing about all the small ways that you can help improve your sleep environment. The research presented by both authors was unique and informative. Both authors have great voices suited for an audio production, and the guided relaxation portions are done well. If you have insomnia, try this CD - it really works!

I listened to this CD while "fall cleaning" our bedroom so I put into place the suggestions that were made. I then listened to the "going to sleep track". What a difference! Part of the benefit was knowing that waking in the middle of the night can be very normal. Just relax! These CDs are filled with concrete, down-to-earth actions for you to take.

I have had problems with severe insomnia the past few months. I have ordered several relaxing CD's and they have helped some but "Healthy Sleep" is the one that actually works. The information given by Dr. Weil and Dr. Naiman give is invaluable to any one that is having sleep issues. I have especially benefited from learning how important it is to "wind down" in the evening before bed and I learned what to do when I wake during the night. Sleep issues is a complex problem and they are all explored in this CD. Thank you Dr, Weil and Dr. Naiman for helping me on my journey to solving my sleep issues. I would recommend this CD to anyone who is having any sleep issues. There is sound, practical advice that really works.

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.

I have infrequent yet intermittent insomnia caused by anxiety - but when it hits, it feels like I have to dig myself out of a hole again. I had just come from my doctor and he recommended that I buy this amazing audio set. I was so exhausted that I bought it, came home, put it on my computer and took not one but two naps! The Dr.'s voices are easy on the ears and their understanding of insomnia through and through is comforting in itself. I highly recommend! I had the most gentle naps with this CD and I am not a napper. I have been too anxious to nap. Thanks to this CD, not today:)

This audio book is excellent for people with trouble quieting their mind. I have trouble turning off my thoughts at the end of the day. The voices guide you in breathing. It helps with sleeping and waking up. I enjoyed it so much from the library that I bought my own copy. My teenage children use it too. I have used several audio books for sleep and stress. This one is very clear and simple.

I had to put this on reserve from my local library. I waited a long time for my turn. Must get checked out a lot, then. I expected it to be a book. When I saw that it was an audio book, I decided to try it anyway. I expected this to be the audio version of a book about beating insomnia. I really didn't know what to expect. The first CD is a bit of an introduction to some statistics about sleeplessness, and a light-weight overview of the reasons for insomnia. I got through it quickly. The second CD is the main event. It contains meditations and exercises. While I think this might work well for someone else, just listening to it while working in the kitchen, I decided that I probably would not be able to fall asleep while listening to the guided meditations and exercises. But, I decided, I could give those same suggestions to myself with better effect. Perhaps others would like to hear a voice guiding and reminding them what to do. They will probably love this audio book. As a result of listening to the first CD, I decided to give melatonin a try. I went online and found a recent article that confirmed Dr. Weil's advice about the best dosage -- 0.3 mg, NOT the 3 mg or more available in the pharmacies. That is the one good nugget I took away from the time I spent with this audio book. I will also try

some of the breathing exercises. Being sleep deprived took away my mental discipline. I'm getting enough back to be able to actually use some of the advice in the audio book.

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