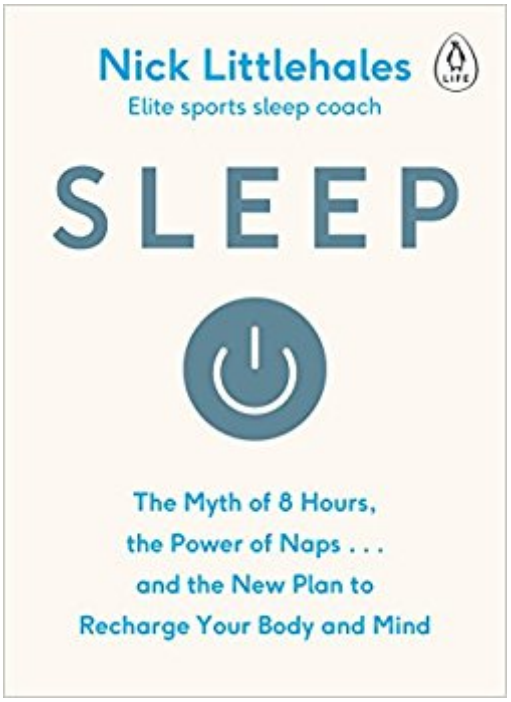
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Sleep: Redefine Your Rest, For Success In Work, Sport And Life



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Synopsis

’Nick Littlehales wants to redefine the very meaning of the word sleep’ - Daily Telegraph ’Nick Littlehales has reconfigured the bedrooms of a legion of international sporting stars . . . He has a unique and encyclopaedic knowledge’ - Guardian ’Sleep guru Nick Littlehales trains elite athletes to get the best possible rest’ - Daily Mail Proven solutions for better nights, from the ’sleep guru’ to sports stars including Cristiano Ronaldo One third of our lives are spent trying to sleep. Most us have disturbed, restless nights and rely on a cocktail of caffeine and sugar to drag us through the day. Yet the hours we spend in bed shape our mood, motivation and decision-making skills - defining our performance in work, at home and while keeping fit. We need a new approach to sleep. In this ground-breaking book, Nick Littlehales, elite sleep coach to some of the world’s leading sports stars and teams, lays bare his strategies for us all to use. Discover how to map your own sleep cycle, what the optimum room temperature is, which bedding is best and why napping is actually good for you. Read Sleep, learn from the best in sport, and kickstart a more confident, successful and happier you.

Book Information

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Customer Reviews

This is a tremendously exciting development and one I wholeheartedly support. Nick Littlehales provides leading professionals in the world of sport, including at Manchester United, with a better understanding of this natural physical and mental process - he enables players to maximise the quality and consistency of their sleep and in turn their overall performance -- Sir Alex Ferguson Nick

Littlehales is an innovative, world-class thinker. He designed the sleep solution for Team Sky's riders - who have now won the Tour de France four times - and British Cycling, who have used his principles of sleep optimisation at the last two Olympics to great effect -- Philip Burt, lead physiotherapist, British Cycling Nick has revolutionised my recovery process through practical, tailored professional advice * Helen Wyman, European Cyclocross champion *

Nick Littlehales is the leading elite sport sleep coach to the biggest names in the sporting world, including British Cycling and Team Sky's recording-breaking cyclists, top Premiership and international football teams and players, Rugby Union and Rugby League, and Olympic and Paralympic athletes. Chairman of the UK Sleep Council and a former professional golfer, he has thiry years' experience in the world of sleep science, and has spent sixteen years working with elite athletes. His proven approach to achieving the optimum night's sleep is endorsed by leading professionals in sport and business. sportsleepcoach.com

I have been able to improve my sleep with some of the tips from the book.

Very informative and full of strategies to improve your sleep habits.

Good and insightful book.

He is the real deal. Tried the methods in the book and got quick result. Thanks so much

Although there is an understandable criticism of the author's tendency to drop names, I think he's providing context for the advice he has given that has succeeded with various sports teams. I think it is helpful to read the book through once and then skim back to see the picture as a whole. Littlehales's emphasis on the bedroom as only a bedroom rather than as a room with a bed, night stands, TVs, exercise equipment, books, electronic devices, etc. may seem like overkill, but it's a valid perspective for reorienting the average person towards thinking of all the influences that might disrupt sleep.His discussion of a set awake time, bedtime and awake routines, a cool room temperature (64-66F), and 90-minute sleep cycles may also reorient your thinking--how often have you heard the advice "if you can't get to sleep, get up and do something relaxing until you feel tired again"? Probably a ton, but I'd never considered how long I might need to stay up. Littlehales provides a structure that makes sense given current knowledge about sleep cycles. In combination

with his 90-minute routine for bedtime, it becomes easier to adopt a structure that puts you back in the routine that generally gets you to sleep rather than just haphazardly "doing something" until you feel tired again. That control takes a lot of anxiety out of trying to get to sleep in the first place, and one of the first benefits I noticed from following his program was that falling asleep initially became easier while falling back to sleep after waking up in the middle of the night was simpler because I wasn't feeling frustration about why I couldn't sleep.There isn't an instant cure-all for sleep problems, but this is a solid book about sleep hygiene that should give you an approach that will pay dividends. I read the book in mid-November, and I've slept better in the past three months than I have in 15-20 years.

I think this book might have changed my life. I've been such a bad sleeper for so many years I just handled it - waking in the night and being awake for hours affected everything else so much - sport, work, partner etc. I'd have 1 or 2 good sleeps a year! So while reading this I decided I was going to 'hack' my sleep.Some of the points. Sleep is broken up in to 90 minute lots, and waking up at the same time is important - I've always been an early riser so 5am works for me. So for the first week I was going to sleep at 12:30, getting up at 5am, 4.5 hours of sleep a night and then a 30 minute power nap around lunch. When you only get 4.5 hours of sleep a night, you definitely sleep through. Suddenly I had lots of extra hours in the day...Then after a week I started moving back my sleep time back 90 minutes, then a bit more but still kept the same waking time. Been sleeping like a baby for a whole week - unheard of!There's lots of other pointers/tips and advice to heed to help make it all work. So get this book - it's a great investment. Once you start sleeping properly, life starts to be normal again.

I knew it was missing critical information. At first I realized a possible, but very partial answer involving the information I've read on sleep-wake homeostasis. I don't remember this book discussing ultradian rhythms for very long. It seems dishonest.

Some interesting ideas but repetitive, name dropping, badly structured and boring enough to make you nod offf while reading.

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