



**Sleep Smarter: Summary of the Key Ideas -
Original Book by Shawn Stevenson: 21 Proven
Tips to Sleep Your Way to a Better Body, Better
Health and Bigger Success**

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Sleep affects not only our health, but also our performance and learning ability. Many people are unaware of the high value of sleep and sacrifice it in order to get more things done. However, we perform at our best when we are well-rested, so we need to make sure that we get a sufficient amount of quality sleep every night.

Who should read this book:

- People suffering from sleep apnea or other sleep disorders.
- People who have trouble falling asleep at night or want to find a way to get up more easily in the morning.
- Anyone interested in learning more about the science of sleep.

In this summary:

Chapter 1: Make sure to get enough sunlight during the day and sufficient sleep at night

Chapter 2: Avoid caffeine and artificial light before going to bed

Chapter 3: Keep a lower temperature in your bedroom and sleep at the right time

Chapter 4: Lower your stress levels with magnesium and bring fresh air into your room

Chapter 5: Reduce light pollution and do a moderate amount of exercise

Chapter 6: Bad sleep increases the risk for obesity

Chapter 7: Consume alcohol in moderation and find the sleeping position that works for you

Chapter 8: Use meditation and natural supplements to relax

Chapter 9: Train yourself to get up earlier and wear the right sleeping attire

Chapter 10: Establish a “go to sleep” ritual that you can follow every night

Chapter 11: Final Summary

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Jane Pelley:

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