

The Sleep Revolution Transforming Your Life One Night At A Time

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The Sleep Revolution: Transforming Your Life, One Night at ...

Her 15th book, *The Sleep Revolution: Transforming Your Life, One Night At A Time*, on the science, history and mystery of sleep, was published in April 2016 and became an instant New York Times Bestseller. --This text refers to the hardcover edition.

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Her 15th book, The Sleep Revolution: Transforming Your Life, One Night At A Time, on the science, history and mystery of sleep, was published in April 2016 and became an instant New York Times...

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The Sleep Revolution | Arianna Huffington

The Sleep Revolution both sounds the alarm on our worldwide sleep crisis and provides a detailed road map to the great sleep awakening that can help transform our lives, our communities, and our world. Also by Arianna Huffington See all books by Arianna Huffington

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A 2014 study from Louisiana State University found that participants who drank a glass of tart cherry juice twice a day for two weeks slept an average of eighty-five minutes more each night than those who drank the placebo.” ? Arianna Huffington, The Sleep Revolution: Transforming Your Life, One Night at a Time.

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The Sleep Revolution: Transforming Your Life, One Night at a Time. Hardcover – 5 April 2016. by. Arianna Huffington (Author) › Visit Amazon's Arianna Huffington Page. Find all the books, read about the author, and more. See search results for this author. Arianna Huffington (Author) 3.9 out of 5 stars 330 ratings.

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In today's 24/7, fast-paced, always-connected, perpetually harried, and sleep-deprived world, the hunger for sleep is only getting stronger. The Sleep Revolution both sounds the alarm on the worldwide sleep crisis and offers a road map for how we can take back our sleep and transform our lives and our world.

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