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## Sleep The Myth Of 8 Hours The Power Of Naps And The New Plan To Recharge Your Body And Mind

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You do not need eight hours of sleep (aka the 8-hour? sleep myth) *Robert Graves The Greek Myths Part 1* **10 Sleep Myths Finally Debunked** *BOOK REVIEW: Sleep by Nick Littlehales (Sports Sleep Coach) | Roseanna Sunley*

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The author offers no real insight into sleep that one with an 8th grade education and a passing interest in man's most time-consuming function doesn't already possess. The title is misleading and even the text itself contradicts the notion that 8 hours a night is a "myth" (in fact, this is about right for most people).

*Sleep: The Myth of 8 Hours, the Power of Naps, and the New ...*

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A growing body of evidence from both science and history suggests that the eight-hour sleep may be unnatural. In the early 1990s, psychiatrist Thomas Wehr conducted an experiment in which a group...

*The myth of the eight-hour sleep - BBC News*  
Sleep: The Myth of 8 Hours, the Power of Naps... and the New Plan to Recharge Your Body and Mind. 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.

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*Sleep : The Myth of 8 Hours, the Power of Naps, and the ...*

A Feb. 12, 2012 article on the BBC Web site, "The Myth of the 8-Hour Sleep," has permanently altered the way I think about sleep. It proclaimed something that the body had always intuited, even as...

*The 8-hour sleep myth: How I learned that everything I ...*

Let's examine the myth of 8 hours sleep. Sleep and death rates Lack of sleep causes health problems, ranging from weight gain to fatal accidents. Sleep times have allegedly decreased in recent years, leading to increases in obesity and diabetes and many other health problems.

*The Myth of 8 Hours Sleep - Rogue Health and Fitness*

In order to get a healthy eight hours of sleep, which is the amount that many people need, you need to be in bed for 8.5 hours. The standard in the literature is that healthy sleepers spend more...

*The '8 Hours of Sleep' Rule Is a Myth. Here's What You ...*

Sleep Myth #8 The Myth: 20 percent of poll respondents believe that alcohol before bed helps you sleep better. Why It's Wrong: Despite the popularity of the nightcap, the National Sleep Foundation explains that

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drinking alcohol before bed can increase the number of times you wake up during the night.

## *10 Sleep Myths People Believe, According to a Study*

Why the 8 hour sleep is a myth. More than one-third of American adults wake up in the middle of the night on a regular basis. Of those who experience "nocturnal awakenings," nearly half are unable to fall back asleep right away. Doctors frequently diagnose this condition as a sleep disorder called "middle-of-the-night insomnia," and prescribe medication to treat it.

*Why the 8 hour sleep is a myth - Ray Williams*  
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However, because sleep has a perpetual association with the ethereal: dreams, altered states, and emotions, it is no surprise that it is tied to a legion of myths.

## *5 common myths about sleep - Medical News Today*

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and mind. [Nick Littlehales] — Proven solutions for a better night's sleep, from the "sleep guru" to elite athletes—rest for success in work, sports, and life One-third of our lives—that's 3,000 hours a year—is spent trying to ...

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Sleep: The Myth of 8 Hours, the Power of Naps...and the New Plan to Recharge Your Body and Mind Audible Audiobook - Unabridged Nick Littlehales (Author, Narrator), Penguin Books Ltd (Publisher) 4.3 out of 5 stars 227 ratings See all formats and editions

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Myth: Everyone Needs 8 Hours of Sleep The exhortation to get eight hours of sleep a night may be the biggest myth of all. In 2015, the National Sleep Foundation released revised its recommended...

*Sleep myths that may explain why you're so tired*

Sleep: The Myth of 8 Hours, the Power of Naps, and the New Plan to Recharge Your Body and Mind. Author: Nick Littlehales. Narrator: Nick Littlehales. Unabridged: 6 hr 39 min Format: Digital Audiobook Publisher: Hachette Audio. Published: 03/06/2018 Genre: Health & Fitness - Sleep & Sleep Disorders

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