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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.

The Sleep Revolution: Transforming Your Life, One Night at ... The Sleep Revolution: Transforming Your Life, One Night at a Time. We are in the midst of a sleep deprivation crisis, writes Arianna Huffington, the co-founder and editor in chief of The Huffington Post. And this has profound consequences ☐ on our health, our job performance, our relationships and our happiness.

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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 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*.

The Sleep Revolution Quotes by Arianna Huffington

The Sleep Revolution: Transforming Your Life, One Night at a Time. Arianna Huffington. We are in the midst of a sleep deprivation crisis, writes Arianna Huffington, the co-founder and editor in chief of The Huffington Post. And this has profound consequences □ on our health, our job performance, our relationships and our happiness.

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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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