



## Good Sleep for Brain Health: Sleep Better Tonight for a Better Memory Tomorrow

*M. Chris Wolf PhD*

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Brain health and better sleep have been in the news. How to sleep well or sleep better is a common question asked by millions. Tonight across the globe many people will be struggling with how to get a better night's sleep and find an insomnia cure.

Many will ask: How I can get better sleep? How is my brain health improved (or hurt) by poor sleep? Is my depression and anxiety being caused by poor sleep? Do sleep problems cause weight gain?

Other common sleep and brain health questions crying out for answers include: Will I go crazy if I can't sleep? What is sleep apnea and how do I know if I have it? Is medication an insomnia solution? What health problems relate to sleep disorders? Can better sleep improve my memory?

Sleep Better for Brain Health is designed to provide answers to these questions and health you improve memory and overall brain health. The book is a practical guide for people with insomnia and avoids technical and academic jargon.

Scroll up the page. Click to Look Inside the book to begin in the upper left portion of the page to start reading about better sleep.

Sleep Better for Brain Health provides a plan for an insomnia cure. As you begin to sleep better you improve your overall brain health. The book is designed to provide the reader with an insomnia solution rather than psychobabble and academic jargon.

Six basic principles are presented, which based upon research, have been shown to help most people with insomnia sleep better. For those needing professional help, the reader will be able to communicate their concerns more effectively to their healthcare provider.

A memory problem from poor sleep is often a result of sleep disorders and insomnia. Brain health can be seriously affected if sleep deprivation becomes persistent. We now know that anxiety, depression and other emotional disorders so common today can be caused by or made worse by sleep disorders.

Sleep Better for Brain Health is divided into sections to help the reader cure insomnia based upon their personal issues. A Quick Start Guide is presented in the beginning of the book to get the insomnia suffer started off right.

The relationship between good brain health and good memory and sleep is review in a way that helps the reader understand these relationships better. In the section on physical health and sleep, obesity, high blood pressure, diabetes and even Parkinson's disease is discussed.

The effects of poor sleep on psychological health are also reviewed. Suggestions for overcoming worry and anxiety are given. The Worry System is presented as a cure for trouble getting to sleep.

Better sleep also looks at ways sleep problems can contribute to sadness and depression and provides suggestions for help in these important areas. The role of anger and irritability are also reviewed and methods for positive change are made.

What is sleep restriction and how can that be an insomnia cure? Sleep restriction is presented as an effective approach for many in overcoming the ravages of ongoing sleep problems. Research has shown it to be one of the most effective approaches to better sleep.

The book concludes with instructions on how to Sleep Better Now. References and resources are presented so that the reader is able to further delve into certain areas of interest. You can sleep better and improve your brain health, even if only a little.

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