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Sleep Smarter is a fun and entertaining look at how sleep impacts your body, brain, and performance, and it's jam-packed with real

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recharge your life by  
revolutionizing your  
sleep.

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...

Treat yourself with  
amenities that help you  
work smarter, eat well,  
sleep deeply and stay fit.

Hampton Inn. Count

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on Hampton to deliver quality, value, consistency and service with a smile. ... Get directions to the Hilton Garden Inn hotel in Arvada, CO, located just steps away from the light rail with access to Denver International Airport (DIA).

Sleep Smarter: 21  
Essential Strategies to

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Sleep Your Way ...

Smarter Sleep gives your body the daily boost it needs to get to sleep faster and enjoy more restful, deeper sleep each night.

Smarter Sleep uses three safe and natural

“ clinically- tested ” ingredients that effectively help induce sleep, while promote relaxing calm, when

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taken before bed.

DoubleTree by Hilton  
Hotel Denver -  
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Sleep Smarter is a blend of sound, science based advice, pseudo-science, and frequent self promotion. Much of the sound, science based advice can be found elsewhere. Much of the pseudo-science can be



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found on websites that promote dubious cures and make dubious claims.

Sleep Smarter - Your very own sleep center! Sleep Smarter is a fun and entertaining look at how sleep impacts your mind, body, and performance, without skimping on the "how to's" to get the sleep you

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really deserve. Whether you've struggled with sleep problems, or you're simply interested in living a longer, healthier life, you're going to be blown away with what you learn.

Sleep Smarter: 21  
Essential Strategies to  
Sleep Your Way ...  
Shawn Stevenson is a  
bestselling author and

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creator of The Model Health Show, featured as the #1 Health podcast in the world on iTunes. With a university background in biology and kinesiology ...

Sleep Problems? 21 Tips to Get The Best Sleep Ever - The ...

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Sleep Smarter - Brain &  
Life Magazine

Sleep Smarter (2014) is  
your quickstart manual  
for improving the  
quality of your sleep.

Drawing from a host of  
scientific studies and  
punctuated with  
practical tips, this  
accessible guide  
promises to change the  
way you think about  
sleep and give you a

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better night ' s rest,  
starting tonight.

About – Sleep Smarter  
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Smarter for more. I  
really hope that you got  
a lot of value out of  
these tips. And the  
action step for you is to  
just pick 1 or 2 of the  
tips above and apply

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them for the next 2  
weeks.

Sleep Smarter Bonus  
As you learned in Sleep Smarter, a deficiency of natural light exposure during the day can directly lead to abnormal hormone cycles and poor quality sleep at night. Here are a few of the best tools to use if you live in an area

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that tends to be much more overcast, if you

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Smarter Nutrition  
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projected 4 million  
residents will call the  
Denver metro area  
home by 2040? And  
that the time commuters  
will spend in traffic will



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Sleep Smarter is the ultimate guide to sleeping better, feeling refreshed, and achieving a healthier, happier life.  
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S3

Sleep Smarter Deep, uninterrupted slumber is important for everyone, but it's especially critical for people with neurologic disorders. Sleep deprivation can

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make symptoms such as pain, stiffness, memory loss, fatigue, and confusion worse and can provoke seizures and headaches.

Sleep Smarter

(Audiobook) by Shawn Stevenson, Sara ...

Treat yourself with amenities that help you work smarter, eat well, sleep deeply and stay fit.

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Sleep Smarter: Shawn Stevenson, MD, Shawn

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Stevenson Sara ...

By Sleep Smarter on  
April 7, 2017 in Sleep  
Importance A great  
night of sleep instantly  
not only makes you feel  
better in the morning,  
but it also boosts your  
productivity and health.  
If you haven ' t been  
making high-quality  
shut-eye a priority in  
your life, here ' s 11  
things you are missing

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Book Summary | By  
Shawn Stevenson

"In Sleep Smarter,  
you ' ll learn how sleep  
impacts your mind,  
body and performance,  
plus practical solutions  
to help you get the best  
sleep ever. " Jonathan  
Bailor New York Times

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Bestselling Author of  
The Calorie Myth

Shawn Stevenson:  
"Sleep Smarter" | Talks  
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amenities that help you  
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Denver Commuter Options: Find Your Smart Commute – CBS Denver

Sleep Smarter is a quick and easy read packed



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with facts, studies and scientific insight all about getting better quality sleep. Shawn takes you through the essential components of a good nights sleep. The book also contains a few surprises about how much impact sleep has on your day to day health.

Sleep Smarter by

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Shawn Stevenson -  
Blinkist

Sleep Smarter has everything the average person needs to become a ‘ professional sleeper ’ to further enhance their quality of life. ” —Drew

Manning, New York Times bestselling author of Fit2Fat2Fit “ Sleep was something that, since college, has never

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me.

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