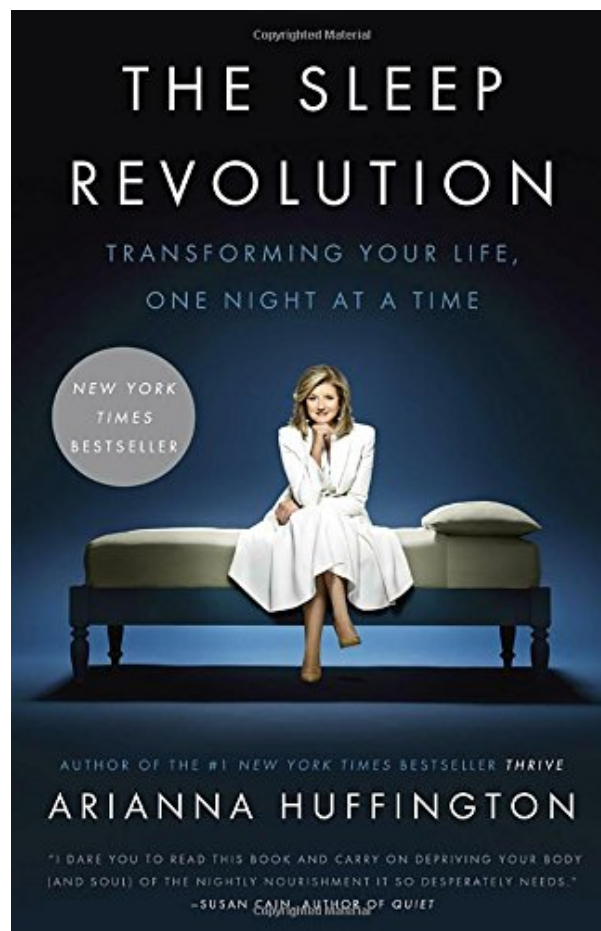


# THE SLEEP REVOLUTION: TRANSFORMING YOUR LIFE, ONE NIGHT AT A TIME BY ARIANNA HUFFINGTON



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NEW YORK  
TIMES  
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AUTHOR OF THE #1 NEW YORK TIMES BESTSELLER *THRIVE*

## ARIANNA HUFFINGTON

"I DARE YOU TO READ THIS BOOK AND CARRY ON DEPRIVING YOUR BODY  
(AND SOUL) OF THE NIGHTLY NOURISHMENT IT SO DESPERATELY NEEDS."

-SUSAN CAIN, AUTHOR OF *QUIET*

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## Review

“Arianna shows that sleep is not just vital for our health, but also critical to helping us achieve our goals. Sometimes we need to sleep in to lean in!”

--Sheryl Sandberg, Facebook COO and author of Lean In

"Arianna Huffington is one of our leading authorities on the life well-lived. In this passionate, deeply researched book, she reveals everything you need to know about the magic elixir of sleep: from how to get enough, to why it matters. I dare you to read this book and carry on depriving your body (and soul) of the nightly nourishment it so desperately needs."

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“In this very thorough and highly readable book, Arianna Huffington explains the history, nature, and science of the sleep problem: why so many people today do not sleep well. And she gives us solutions in the form of evidence-based advice about what to do and what not to do to enjoy the restorative sleep we need. I recommend The Sleep Revolution highly.”

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“Arianna Huffington has written a book of profound importance. From time to time we'll all find sleep comes hard. For many, it is a constant struggle. Taking Arianna's wise advice to rebuild your relationship with sleep— to befriend rather than struggle with it— will transform your life, putting you back in touch with your more compassionate and intelligent self.”

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“The message of Arianna Huffington’s compelling book won me over: You can be your own Prince Charming. You can empower yourself with knowledge— knowledge in this book— to wake yourself up. And then, use that knowledge to put yourself, every night, into a sleep that is healthy and restorative!”

--Sherry Turkle, Professor of the Social Studies of Science and Technology, MIT and author of Reclaiming Conversation

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"This is one of those books that, if you don't read, when you're dead you're really going to wish you had. I never thought I would have needed a self-help book for sleep, but I did! Sleep is everything – that's my takeaway, and so you better know how to do it."

-- Bill Maher

From the Hardcover edition.

#### About the Author

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1.

## OUR CURRENT SLEEP CRISIS

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Death from overwork has its own word in Japanese (*karoshi*), in Chinese (*guolaosi*), and in Korean (*gwarosa*). No such word exists in English, but the casualties are all around us. And though this is an extreme example of the consequences of not getting enough sleep, sleep deprivation has become an epidemic.

It is a specter haunting the industrialized world. Simply put: we don't get enough sleep. And it's a much bigger problem—with much higher stakes—than many of us realize. Both our daytime hours and our nighttime hours are under assault as never before. As the amount of things we need to cram into each day has increased, the value of our awake time has skyrocketed. Benjamin Franklin's "Time is money!" has become a corporate-world mantra. And this has come at the expense of our time asleep, which since the dawn of the Industrial Revolution we have treated like some dull, distant relative we visit only reluctantly and out of obligation, for as short a time as we can manage.

But scientists are resoundingly confirming what our ancestors knew instinctively: that our sleep is not empty time. Sleep is a time of intense neurological activity—a rich time of renewal, memory consolidation, brain and neurochemical cleansing, and cognitive maintenance. Properly appraised, our sleeping time is as

valuable a commodity as the time we are awake. In fact, getting the right amount of sleep enhances the quality of every minute we spend with our eyes open.

But today much of our society is still operating under the collective delusion that sleep is simply time lost to other pursuits, that it can be endlessly appropriated at will to satisfy our increasingly busy lives and overstuffed to-do lists. We see this delusion reflected in the phrase “I’ll sleep when I’m dead” has flooded popular consciousness, including a hit Bon Jovi song, an album by the late rocker Warren Zevon, and a crime film starring Clive Owen. Everywhere you turn, sleep deprivation is glamorized and celebrated: “You snooze, you lose.” The phrase “catch a few z’s” is telling: the last letter of the alphabet used to represent that last thing on our culture’s shared priority list. The combination of a deeply misguided definition of what it means to be successful in today’s world—that it can come only through burnout and stress—along with the distractions and temptations of a 24/7 wired world, has imperiled our sleep as never before.

I experienced firsthand the high price we’re paying for cheating sleep when I collapsed from exhaustion, and it pains me to see dear friends (and strangers) go through the same struggle. Rajiv Joshi is the managing director of the B Team—a nonprofit on whose board I serve, founded by Richard Branson and Jochen Zeitz to help move business beyond profit as the only metric of success. In June 2015, he had a seizure at age thirty-one during a B Team meeting in Bellagio, Italy, collapsing from exhaustion and sleep deprivation. Unable to walk, he spent eight days in a hospital in Bellagio and weeks after in physical therapy. In talking with medical experts, he learned that we all have a “seizure threshold,” and when we don’t take time to properly rest, we move closer and closer to it. Rajiv had crossed his threshold and fallen off the cliff. “The struggle for a more just and sustainable world,” he told me when he was back at work, “is a marathon, not a sprint, and we can’t forget that it starts at home with personal sustainability.”

According to a recent Gallup poll, 40 percent of all American adults are sleep-deprived, clocking significantly less than the recommended minimum seven hours of sleep per night. Getting enough sleep, says Dr. Judith Owens, the director of the Center for Pediatric Sleep Disorders at Boston Children’s Hospital, is “just as important as good nutrition, physical activity, and wearing your seat belt.” But most people hugely underestimate their need for sleep. That’s why sleep, says Dr. Michael Roizen, the chief wellness officer of the Cleveland Clinic, “is our most underrated health habit.” A National Sleep Foundation report backs this up: two-thirds of us are not getting enough sleep on weeknights.

The crisis is global. In 2011, 32 percent of people surveyed in the United Kingdom said they had averaged less than seven hours of sleep a night in the previous six months. By 2014 that number had rocketed up to 60 percent. In 2013, more than a third of Germans and two-thirds of Japanese surveyed said they do not get sufficient sleep on weeknights. In fact, the Japanese have a term, *inemuri*, which roughly translates as “to be asleep while present”—that is, to be so exhausted that you fall asleep in the middle of a meeting. This has been praised as a sign of dedication and hard work—but it is actually another symptom of the sleep crisis we are finally confronting.

The wearable-device company Jawbone collects sleep data from thousands of people wearing its UP activity trackers. As a result, we now have a record of the cities that get the least amount of sleep. Tokyo residents sleep a dangerously low 5 hours and 45 minutes a night. Seoul clocks in at 6 hours and 3 minutes; Dubai, 6 hours and 13 minutes; Singapore, 6 hours and 27 minutes; Hong Kong, 6 hours and 29 minutes; and Las Vegas, 6 hours and 32 minutes. When you’re getting less sleep than Las Vegas, you have a problem.

Of course, much of this can be laid at the feet of work—or, more broadly, how we define work, which is colored by how we define success and what’s important in our lives. The unquestioning belief that work should always have the top claim on our time has been a costly one. And it has gotten worse, as technology

has allowed a growing number of us to carry our work with us—in our pockets and purses in the form of our phones—wherever we go.

Our houses, our bedrooms—even our beds—are littered with beeping, vibrating, flashing screens. It's the never-ending possibility of connecting—with friends, with strangers, with the entire world, with every TV show or movie ever made—with just the press of a button that is, not surprisingly, addictive. Humans are social creatures—we're hardwired to connect. Even when we're not actually connecting digitally, we're in a constant state of heightened anticipation. And always being in this state doesn't exactly put us in the right frame of mind to wind down when it's time to sleep. Though we don't give much thought into how we put ourselves to bed, we have little resting places and refueling shrines all over our houses, like little doll beds, where our technology can recharge, even if we can't.

Being perpetually wired is now considered a prerequisite for success, as Alan Derickson writes in *Dangerously Sleepy*: “Sleep deprivation now resides within a repertoire of practices deemed essential to survival in a globally competitive world. More so than in the time of Thomas Edison, depriving oneself of necessary rest or denying it to those under one's control is considered necessary to success in a 24/7/365 society. Americans have a stronger ideological rationale than ever to distrust any sort of dormancy.”

And Americans are anything but dormant. From 1990 to 2000, American workers added the equivalent of another full workweek to their year. A 2014 survey by Skift, a travel website, showed that more than 40 percent of Americans had not taken a single vacation day that year. Much of that added work time has come at the expense of sleep. Dr. Charles Czeisler, the head of the Division of Sleep and Circadian Disorders at Brigham and Women's Hospital in Boston, estimates that in the past fifty years our sleep on work nights has dropped from eight and a half hours to just under seven. Thirty percent of employed Americans now report getting six hours of sleep or less per night, and nearly 70 percent describe their sleep as insufficient. Getting by on less than six hours of sleep is one of the biggest factors in job burnout.

And for far too many people in the world, the vicious cycle of financial deprivation also feeds into the vicious cycle of sleep deprivation. If you're working two or three jobs and struggling to make ends meet, “get more sleep” is probably not going to be near the top of your priorities list. As in the case of health care, access to sleep is not evenly—or fairly—distributed. Sleep is another casualty of inequality. A 2013 study from the University of Chicago found that “lower socio-economic position was associated with poorer subjective sleep quality, increased sleepiness and/or increased sleep complaints.” But the paradox here is that the more challenging our circumstances, the more imperative it is to take whatever steps we can to tap in to our resilience to help us withstand and overcome the challenges we face. There's a reason we're told on airplanes to “secure your own mask first.”

Where we live can also affect our sleep. “I have never seen a study that hasn't shown a direct association between neighborhood quality and sleep quality,” said Lauren Hale, a Stony Brook University professor of preventive medicine. If you're living in a neighborhood with gang warfare and random acts of violence, sleep will inevitably suffer—yet another example of sleep deprivation's connection with deeper social problems.

## THE COST OF LOST SLEEP

It is industrialization, for all its benefits, that has exacerbated our flawed relationship with sleep on such a massive scale. We sacrifice sleep in the name of productivity, but, ironically, our loss of sleep, despite the extra hours we put in at work, adds up to more than eleven days of lost productivity per year per worker, or about \$2,280. This results in a total annual cost of sleep deprivation to the US economy of more than \$63

billion, in the form of absenteeism and presenteeism (when employees are present at work physically but not really mentally focused). “Americans are not missing work because of insomnia,” said Harvard Medical School professor Ronald C. Kessler. “They are still going to their jobs, but they’re accomplishing less because they’re tired. In an information-based economy, it’s difficult to find a condition that has a greater effect on productivity.”

Sleep disorders cost Australia more than \$5 billion a year in health care and indirect costs. And “reduction in life quality” added costs equivalent to a whopping \$31.4 billion a year. A report, aptly titled “Re-Awakening Australia,” linked lack of sleep with lost productivity and driving and workplace accidents. In the United Kingdom, a survey showed that one in five employees had recently missed work or come in late because of sleep deprivation. The researchers estimated that this is equivalent to a loss of more than 47 million hours of work per year, or a £453 million loss in productivity. And almost a third of all UK employees reported feeling tired every morning. Yet, though awareness is spreading, few companies have given sleep the priority it deserves, considering its effects on their bottom line. In Canada, 26 percent of the workforce reported having called in sick because of sleep deprivation. And nearly two-thirds of Canadian adults report feeling tired “most of the time.”

It turns out that women need more sleep than men, so the lack of sleep has even more negative mental and physical effects on them. Duke Medical Center researchers found that women are at a greater risk for heart disease, Type 2 diabetes, and depression. “We found that for women, poor sleep is strongly associated with high levels of psychological distress, and greater feelings of hostility, depression and anger,” said Edward Suarez, the lead author of the study. “In contrast, these feelings were not associated with the same degree of sleep disruption in men.”

As women have entered the workplace—a workplace created in large measure by men, which uses our willingness to work long hours until we ultimately burn out as a proxy for commitment and dedication—they are still stuck with the heavy lifting when it comes to housework. The upshot is that women end up making even more withdrawals from their sleep bank. “They have so many commitments, and sleep starts to get low on the totem pole,” says Michael Breus, the author of *Beauty Sleep*. “They may know that sleep should be a priority, but then, you know, they’ve just got to get that last thing done. And that’s when it starts to get bad.”

According to Dr. William Dement, the founder of the Stanford Sleep Disorders Clinic (the first of its kind), working mothers who have young children at home have seen an additional 241 hours of work and commuting time added to their lives annually since 1969.

Sarah Bunton, a mother and cognitive-skills trainer, described her experience on *The Huffington Post*: “Do you ever have one of those days where you want to hit pause? Let me rephrase: do you ever have a day where you don’t want to hit pause? . . . There really isn’t an end of the day for most moms, working or otherwise. There’s usually not a beginning, either, just a continuation of whatever chaos preceded the momentary silence . . . Mommy wants a nap.”

“Let’s face it, women today are tired. Done. Cooked. Fried,” wrote Karen Brody, founder of the meditation program *Bold Tranquility*. “I coach busy women and this is what they tell me all the time: ‘I spent years getting educated and now I don’t have any energy to work.’?”

Dr. Frank Lipman, the founder of the Eleven Eleven Wellness Center in New York, sees so many patients who are sleep-deprived and exhausted that he came up with his own term for them. “I started calling these patients ‘spent,’ because that was how they seemed to me,” he writes. He compares this to his time working in rural South Africa: “There I saw many diseases arising from poverty and malnutrition but I didn’t see



anyone who was 'spent,' as I do today in New York.”

The world is too much with us; late and soon,

Getting and spending, we lay waste our powers . . .

For this, for everything, we are out of tune.

—William Wordsworth, “The World Is Too Much with Us”

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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. What is needed, she boldly asserts, is nothing short of a sleep revolution. Only by renewing our relationship with sleep can we take back control of our lives.

In her bestseller *Thrive*, Arianna wrote about our need to redefine success through well-being, wisdom, wonder, and giving. Her discussion of the importance of sleep as a gateway to this more fulfilling way of living struck such a powerful chord that she realized the mystery and transformative power of sleep called for a fuller investigation.

The result is a sweeping, scientifically rigorous, and deeply personal exploration of sleep from all angles, from the history of sleep, to the role of dreams in our lives, to the consequences of sleep deprivation, and the new golden age of sleep science that is revealing the vital role sleep plays in our every waking moment and every aspect of our health – from weight gain, diabetes, and heart disease to cancer and Alzheimer's.

In *The Sleep Revolution*, Arianna shows how our cultural dismissal of sleep as time wasted compromises our health and our decision-making and undermines our work lives, our personal lives -- and even our sex lives. She explores all the latest science on what exactly is going on while we sleep and dream. She takes on the dangerous sleeping pill industry, and all the ways our addiction to technology disrupts our sleep. She also offers a range of recommendations and tips from leading scientists on how we can get better and more restorative sleep, and harness its incredible power.

In today's fast-paced, always-connected, perpetually-harried and sleep-deprived world, our need for a good night's sleep is more important – and elusive -- than ever. *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.

From the Hardcover edition.

- Sales Rank: #15383 in Books
- Brand: HARMONY
- Published on: 2017-04-04
- Released on: 2017-04-04
- Original language: English
- Dimensions: 8.00" h x .90" w x 5.20" l,
- Binding: Paperback
- 416 pages

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Death from overwork has its own word in Japanese (*karoshi*), in Chinese (*guolaosi*), and in Korean (*gwarosa*). No such word exists in English, but the casualties are all around us. And though this is an extreme example of the consequences of not getting enough sleep, sleep deprivation has become an epidemic.

It is a specter haunting the industrialized world. Simply put: we don't get enough sleep. And it's a much bigger problem—with much higher stakes—than many of us realize. Both our daytime hours and our nighttime hours are under assault as never before. As the amount of things we need to cram into each day has increased, the value of our awake time has skyrocketed. Benjamin Franklin's "Time is money!" has become a corporate-world mantra. And this has come at the expense of our time asleep, which since the dawn of the Industrial Revolution we have treated like some dull, distant relative we visit only reluctantly and out of obligation, for as short a time as we can manage.

But scientists are resoundingly confirming what our ancestors knew instinctively: that our sleep is not empty time. Sleep is a time of intense neurological activity—a rich time of renewal, memory consolidation, brain and neurochemical cleansing, and cognitive maintenance. Properly appraised, our sleeping time is as valuable a commodity as the time we are awake. In fact, getting the right amount of sleep enhances the quality of every minute we spend with our eyes open.

But today much of our society is still operating under the collective delusion that sleep is simply time lost to other pursuits, that it can be endlessly appropriated at will to satisfy our increasingly busy lives and overstuffed to-do lists. We see this delusion reflected in the phrase "I'll sleep when I'm dead" has flooded popular consciousness, including a hit Bon Jovi song, an album by the late rocker Warren Zevon, and a crime film starring Clive Owen. Everywhere you turn, sleep deprivation is glamorized and celebrated: "You snooze, you lose." The phrase "catch a few z's" is telling: the last letter of the alphabet used to represent that last thing on our culture's shared priority list. The combination of a deeply misguided definition of what it means to be successful in today's world—that it can come only through burnout and stress—along with the distractions and temptations of a 24/7 wired world, has imperiled our sleep as never before.

I experienced firsthand the high price we're paying for cheating sleep when I collapsed from exhaustion, and it pains me to see dear friends (and strangers) go through the same struggle. Rajiv Joshi is the managing director of the B Team—a nonprofit on whose board I serve, founded by Richard Branson and Jochen Zeitz to help move business beyond profit as the only metric of success. In June 2015, he had a seizure at age thirty-one during a B Team meeting in Bellagio, Italy, collapsing from exhaustion and sleep deprivation. Unable to walk, he spent eight days in a hospital in Bellagio and weeks after in physical therapy. In talking

with medical experts, he learned that we all have a “seizure threshold,” and when we don’t take time to properly rest, we move closer and closer to it. Rajiv had crossed his threshold and fallen off the cliff. “The struggle for a more just and sustainable world,” he told me when he was back at work, “is a marathon, not a sprint, and we can’t forget that it starts at home with personal sustainability.”

According to a recent Gallup poll, 40 percent of all American adults are sleep-deprived, clocking significantly less than the recommended minimum seven hours of sleep per night. Getting enough sleep, says Dr. Judith Owens, the director of the Center for Pediatric Sleep Disorders at Boston Children’s Hospital, is “just as important as good nutrition, physical activity, and wearing your seat belt.” But most people hugely underestimate their need for sleep. That’s why sleep, says Dr. Michael Roizen, the chief wellness officer of the Cleveland Clinic, “is our most underrated health habit.” A National Sleep Foundation report backs this up: two-thirds of us are not getting enough sleep on weeknights.

The crisis is global. In 2011, 32 percent of people surveyed in the United Kingdom said they had averaged less than seven hours of sleep a night in the previous six months. By 2014 that number had rocketed up to 60 percent. In 2013, more than a third of Germans and two-thirds of Japanese surveyed said they do not get sufficient sleep on weeknights. In fact, the Japanese have a term, *inemuri*, which roughly translates as “to be asleep while present”—that is, to be so exhausted that you fall asleep in the middle of a meeting. This has been praised as a sign of dedication and hard work—but it is actually another symptom of the sleep crisis we are finally confronting.

The wearable-device company Jawbone collects sleep data from thousands of people wearing its UP activity trackers. As a result, we now have a record of the cities that get the least amount of sleep. Tokyo residents sleep a dangerously low 5 hours and 45 minutes a night. Seoul clocks in at 6 hours and 3 minutes; Dubai, 6 hours and 13 minutes; Singapore, 6 hours and 27 minutes; Hong Kong, 6 hours and 29 minutes; and Las Vegas, 6 hours and 32 minutes. When you’re getting less sleep than Las Vegas, you have a problem.

Of course, much of this can be laid at the feet of work—or, more broadly, how we define work, which is colored by how we define success and what’s important in our lives. The unquestioning belief that work should always have the top claim on our time has been a costly one. And it has gotten worse, as technology has allowed a growing number of us to carry our work with us—in our pockets and purses in the form of our phones—wherever we go.

Our houses, our bedrooms—even our beds—are littered with beeping, vibrating, flashing screens. It’s the never-ending possibility of connecting—with friends, with strangers, with the entire world, with every TV show or movie ever made—with just the press of a button that is, not surprisingly, addictive. Humans are social creatures—we’re hardwired to connect. Even when we’re not actually connecting digitally, we’re in a constant state of heightened anticipation. And always being in this state doesn’t exactly put us in the right frame of mind to wind down when it’s time to sleep. Though we don’t give much thought into how we put ourselves to bed, we have little resting places and refueling shrines all over our houses, like little doll beds, where our technology can recharge, even if we can’t.

Being perpetually wired is now considered a prerequisite for success, as Alan Derickson writes in *Dangerously Sleepy*: “Sleep deprivation now resides within a repertoire of practices deemed essential to survival in a globally competitive world. More so than in the time of Thomas Edison, depriving oneself of necessary rest or denying it to those under one’s control is considered necessary to success in a 24/7/365 society. Americans have a stronger ideological rationale than ever to distrust any sort of dormancy.”

And Americans are anything but dormant. From 1990 to 2000, American workers added the equivalent of

another full workweek to their year. A 2014 survey by Skift, a travel website, showed that more than 40 percent of Americans had not taken a single vacation day that year. Much of that added work time has come at the expense of sleep. Dr. Charles Czeisler, the head of the Division of Sleep and Circadian Disorders at Brigham and Women's Hospital in Boston, estimates that in the past fifty years our sleep on work nights has dropped from eight and a half hours to just under seven. Thirty percent of employed Americans now report getting six hours of sleep or less per night, and nearly 70 percent describe their sleep as insufficient. Getting by on less than six hours of sleep is one of the biggest factors in job burnout.

And for far too many people in the world, the vicious cycle of financial deprivation also feeds into the vicious cycle of sleep deprivation. If you're working two or three jobs and struggling to make ends meet, "get more sleep" is probably not going to be near the top of your priorities list. As in the case of health care, access to sleep is not evenly—or fairly—distributed. Sleep is another casualty of inequality. A 2013 study from the University of Chicago found that "lower socio-economic position was associated with poorer subjective sleep quality, increased sleepiness and/or increased sleep complaints." But the paradox here is that the more challenging our circumstances, the more imperative it is to take whatever steps we can to tap in to our resilience to help us withstand and overcome the challenges we face. There's a reason we're told on airplanes to "secure your own mask first."

Where we live can also affect our sleep. "I have never seen a study that hasn't shown a direct association between neighborhood quality and sleep quality," said Lauren Hale, a Stony Brook University professor of preventive medicine. If you're living in a neighborhood with gang warfare and random acts of violence, sleep will inevitably suffer—yet another example of sleep deprivation's connection with deeper social problems.

## THE COST OF LOST SLEEP

It is industrialization, for all its benefits, that has exacerbated our flawed relationship with sleep on such a massive scale. We sacrifice sleep in the name of productivity, but, ironically, our loss of sleep, despite the extra hours we put in at work, adds up to more than eleven days of lost productivity per year per worker, or about \$2,280. This results in a total annual cost of sleep deprivation to the US economy of more than \$63 billion, in the form of absenteeism and presenteeism (when employees are present at work physically but not really mentally focused). "Americans are not missing work because of insomnia," said Harvard Medical School professor Ronald C. Kessler. "They are still going to their jobs, but they're accomplishing less because they're tired. In an information-based economy, it's difficult to find a condition that has a greater effect on productivity."

Sleep disorders cost Australia more than \$5 billion a year in health care and indirect costs. And "reduction in life quality" added costs equivalent to a whopping \$31.4 billion a year. A report, aptly titled "Re-Awakening Australia," linked lack of sleep with lost productivity and driving and workplace accidents. In the United Kingdom, a survey showed that one in five employees had recently missed work or come in late because of sleep deprivation. The researchers estimated that this is equivalent to a loss of more than 47 million hours of work per year, or a £453 million loss in productivity. And almost a third of all UK employees reported feeling tired every morning. Yet, though awareness is spreading, few companies have given sleep the priority it deserves, considering its effects on their bottom line. In Canada, 26 percent of the workforce reported having called in sick because of sleep deprivation. And nearly two-thirds of Canadian adults report feeling tired "most of the time."

It turns out that women need more sleep than men, so the lack of sleep has even more negative mental and physical effects on them. Duke Medical Center researchers found that women are at a greater risk for heart



disease, Type 2 diabetes, and depression. “We found that for women, poor sleep is strongly associated with high levels of psychological distress, and greater feelings of hostility, depression and anger,” said Edward Suarez, the lead author of the study. “In contrast, these feelings were not associated with the same degree of sleep disruption in men.”

As women have entered the workplace—a workplace created in large measure by men, which uses our willingness to work long hours until we ultimately burn out as a proxy for commitment and dedication—they are still stuck with the heavy lifting when it comes to housework. The upshot is that women end up making even more withdrawals from their sleep bank. “They have so many commitments, and sleep starts to get low on the totem pole,” says Michael Breus, the author of *Beauty Sleep*. “They may know that sleep should be a priority, but then, you know, they’ve just got to get that last thing done. And that’s when it starts to get bad.”

According to Dr. William Dement, the founder of the Stanford Sleep Disorders Clinic (the first of its kind), working mothers who have young children at home have seen an additional 241 hours of work and commuting time added to their lives annually since 1969.

Sarah Bunton, a mother and cognitive-skills trainer, described her experience on *The Huffington Post*: “Do you ever have one of those days where you want to hit pause? Let me rephrase: do you ever have a day where you don’t want to hit pause? . . . There really isn’t an end of the day for most moms, working or otherwise. There’s usually not a beginning, either, just a continuation of whatever chaos preceded the momentary silence . . . Mommy wants a nap.”

“Let’s face it, women today are tired. Done. Cooked. Fried,” wrote Karen Brody, founder of the meditation program *Bold Tranquility*. “I coach busy women and this is what they tell me all the time: ‘I spent years getting educated and now I don’t have any energy to work.’?”

Dr. Frank Lipman, the founder of the *Eleven Eleven Wellness Center* in New York, sees so many patients who are sleep-deprived and exhausted that he came up with his own term for them. “I started calling these patients ‘spent,’ because that was how they seemed to me,” he writes. He compares this to his time working in rural South Africa: “There I saw many diseases arising from poverty and malnutrition but I didn’t see anyone who was ‘spent,’ as I do today in New York.”

The world is too much with us; late and soon,

Getting and spending, we lay waste our powers . . .

For this, for everything, we are out of tune.

—William Wordsworth, “The World Is Too Much with Us”

Most helpful customer reviews

165 of 176 people found the following review helpful.

No filtering of the quality of studies and science she refers to

By Classic

It's like someone Googled everything the Internet had to say about sleep and pasted it into a book with minimal editing.

There is no filtering in a sense of the quality of studies and science that are referred to in the book. A lot of the author's claimed problems with our modern daily lives that prevent us from sleeping will probably just

make you end up more paranoid about losing sleep and as a result have a harder time sleeping.

I recommend instead - say goodnight to insomnia by gregg jacobs. An author experienced in the subject and providing higher quality content in less words. Helped change my sleeping habits significantly.

Sleep well.

7 of 7 people found the following review helpful.

Sleep now or die: this book showed me how I was unsleeping my way to death.

By Just My Opinion....

Unlike many reviewers, I do not struggle to get to sleep. But I don't like to go to bed. I'm a night owl and tend to stay up until my eyes shut out of desperation. Then I sleep very well. Before you posit that I sleep well because I only sleep when exhausted....no. I sleep well even when I go to bed at a decent hour, but that happens about twice a year, and then usually by accident.

So. Why would I read Arianna's book? Well, basically, because I had a suspicion that there was something in here that would address my strange relationship to sleep. And what did I find?

I've been UNSLEEPING myself to death for over half my life.

Well, that certainly got my attention. And now I get more sleep...I actively drag my unwilling self off to bed MUCH earlier than I have for the last several decades of my life. And yes, it makes a huge difference. I'm still a night owl, and ideally, I get my 9 hours by sleeping in (at least according to my early-bird family members), but this book has (excuse the pun) woken me up as to the devastating long-term damage that can happen through consistent lack of sleep.

And it was even more horrifying to me since I don't fit the pattern of the usual causes of sleep-loss: I don't have a smart phone, am not checking the computer late at night, do not suffer from insomnia or other cannot-fall-asleep situations, and yet, here I was getting far too little sleep.

There were some chapters less - ahem - riveting than others...the ones on our culture of over-work/too much device interaction are relevant for a lot of people, just not for me. The chapters on how the brain uses sleep to chemically function, repair itself and regenerate were my favourites (and the most acutely uncomfortable for me to read, based on my situation).

I never thought this book would tell me how to get to sleep - and it's NOT a HOW-TO SELF-HELP book - but this read certainly got my attention and got me to drag my head to the pillow! Sleep now or die.

3 of 3 people found the following review helpful.

Enjoyable but not realistic

By Kindle Customer

I really enjoyed this book and the various aspects of sleep it covered. It was written in an engaging style that made me want to continue learning about the topic.

My biggest criticism is that some of the conclusions she made are a good idea in theory but in practice most working people can't entirely avoid. I agree that its always best to stay in bed to fend off a cold but that in the world where time off from work is measured most peoples best choice is to go into work pushing meds and tea. Most people would prefer to go home and sleep if they are tired but eating a candy bar helps them complete the task at hand. This sleep revolution certainly doesn't apply to the average person who needs to work for someone else!

[See all 196 customer reviews...](#)

# **THE SLEEP REVOLUTION: TRANSFORMING YOUR LIFE, ONE NIGHT AT A TIME BY ARIANNA HUFFINGTON PDF**

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## Review

“Arianna shows that sleep is not just vital for our health, but also critical to helping us achieve our goals. Sometimes we need to sleep in to lean in!”

--Sheryl Sandberg, Facebook COO and author of *Lean In*

"Arianna Huffington is one of our leading authorities on the life well-lived. In this passionate, deeply researched book, she reveals everything you need to know about the magic elixir of sleep: from how to get enough, to why it matters. I dare you to read this book and carry on depriving your body (and soul) of the nightly nourishment it so desperately needs."

-- Susan Cain, co-founder of *Quiet Revolution* and author of *Quiet*

“In this very thorough and highly readable book, Arianna Huffington explains the history, nature, and science of the sleep problem: why so many people today do not sleep well. And she gives us solutions in the form of evidence-based advice about what to do and what not to do to enjoy the restorative sleep we need. I recommend *The Sleep Revolution* highly.”

-- Andrew Weil, MD, author of *Fast Food, Good Food*

“Arianna Huffington has written a book of profound importance. From time to time we'll all find sleep comes hard. For many, it is a constant struggle. Taking Arianna's wise advice to rebuild your relationship with sleep— to befriend rather than struggle with it— will transform your life, putting you back in touch with your more compassionate and intelligent self.”

--Mark Williams, Emeritus Professor of Clinical Psychology, University of Oxford and Co-author of *The Mindful Way Workbook*

“The message of Arianna Huffington’s compelling book won me over: You can be your own Prince Charming. You can empower yourself with knowledge— knowledge in this book— to wake yourself up. And then, use that knowledge to put yourself, every night, into a sleep that is healthy and restorative!”

--Sherry Turkle, Professor of the Social Studies of Science and Technology, MIT and author of *Reclaiming Conversation*

"Is inadequate sleep the new smoking? Ms. Huffington tackles the issue of our deteriorating sleep hygiene and its serious health and performance consequences in a comprehensive, engaging, and accessible book. A must read for everyone burning the candle on both ends."

--Gene Block, Chancellor of UCLA, and Distinguished Professor of Psychiatry and Biobehavioral Sciences

“Science and experience proves it: the foundation of a happy, healthy, energetic, and productive life is a good night’s rest—yet for many of us, it’s hard to turn out the light and turn off our brains. *The Sleep Revolution* is an invaluable resource for anyone who wants to build the crucial habit of sleep.”

-- Gretchen Rubin, author of *The Happiness Project*

“Propelled by cutting-edge science and brimming with wisdom and wit, *The Sleep Revolution* is the single best book about sleep in years. An extraordinary achievement.”

-- A. Roger Ekirch, author of *At Day’s Close: Night in Times Past*

“In her new book, *The Sleep Revolution*, Arianna Huffington draws on a remarkable breadth and depth of science, literature, spirituality, and story to remind us that sleep is not just a restorative, but a threshold to the resources of life that wait below our noise. By looking honestly into her own journey, Arianna uncovers important markers in the human journey through detailed research, knit together in a way that broadens our foundation. The chapters ‘Sleep Throughout History’ and ‘Dreams’ are, by themselves, an invaluable contribution to our modern consciousness. *The Sleep Revolution* unravels the tense threads we tangle ourselves in, giving us a chance to re-engage the forces that sustain us. This book won’t just help you sleep better; it will enliven you while you’re awake.”

—Mark Nepo, author of *Inside the Miracle*, *The One Life We’re Given*, and *The Book of Awakening*

“Count on Arianna Huffington to write a book on sleep that kept me up at night. *The Sleep Revolution* is invaluable, interesting, and ultimately necessary for us all. It explains why we are so tired and how that has to change. Here is the science, history, and culture of the role that sleep plays in our lives—and the role that it should really play.”

—Atul Gawande, MD, MPH, Surgeon, Researcher, and Author of *Being Mortal*

“A lucid, compelling, and rational narrative on the importance of sleep to our mental, emotional and physical health. In *The Sleep Revolution*, Arianna Huffington exposes the dangers of our modern-day attitude towards sleep and advocates for a renewed emphasis on the importance of sleep to our well-being. It is nothing short of a call to arms for policy makers, CEOs, parents, educators, hospital administrators, and coaches to confront the fact that insufficient sleep is a modern-day health crisis.”

--Patrick Fuller, Associate Professor of Neurology, Harvard Medical School and Deaconess Medical Center

"This is one of those books that, if you don't read, when you're dead you're really going to wish you had. I never thought I would have needed a self-help book for sleep, but I did! Sleep is everything – that's my takeaway, and so you better know how to do it."

-- Bill Maher

From the Hardcover edition.

#### About the Author

Arianna Huffington, a member of Oprah's SuperSoul 100, is the founder of the health and wellness startup Thrive Global. She is the co-founder and former president and editor-in-chief of the Huffington Post Media Group, and author of fifteen books.

In May 2005, she launched The Huffington Post, a news and blog site that quickly became one of the most widely-read, linked to, and frequently-cited media brands on the Internet. In 2012, the site won a Pulitzer

Prize for national reporting.

She has been named to Time Magazine's list of the world's 100 most influential people and the Forbes Most Powerful Women list. Originally from Greece, she moved to England when she was 16 and graduated from Cambridge University with an M.A. in economics. At 21, she became president of the famed debating society, the Cambridge Union.

She serves on numerous boards, including The Center for Public Integrity, The Committee to Protect Journalists and Uber.

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.

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1.

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But scientists are resoundingly confirming what our ancestors knew instinctively: that our sleep is not empty time. Sleep is a time of intense neurological activity—a rich time of renewal, memory consolidation, brain and neurochemical cleansing, and cognitive maintenance. Properly appraised, our sleeping time is as valuable a commodity as the time we are awake. In fact, getting the right amount of sleep enhances the quality of every minute we spend with our eyes open.

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other pursuits, that it can be endlessly appropriated at will to satisfy our increasingly busy lives and overstuffed to-do lists. We see this delusion reflected in the phrase “I’ll sleep when I’m dead” has flooded popular consciousness, including a hit Bon Jovi song, an album by the late rocker Warren Zevon, and a crime film starring Clive Owen. Everywhere you turn, sleep deprivation is glamorized and celebrated: “You snooze, you lose.” The phrase “catch a few z’s” is telling: the last letter of the alphabet used to represent that last thing on our culture’s shared priority list. The combination of a deeply misguided definition of what it means to be successful in today’s world—that it can come only through burnout and stress—along with the distractions and temptations of a 24/7 wired world, has imperiled our sleep as never before.

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Where we live can also affect our sleep. “I have never seen a study that hasn't shown a direct association between neighborhood quality and sleep quality,” said Lauren Hale, a Stony Brook University professor of preventive medicine. If you're living in a neighborhood with gang warfare and random acts of violence, sleep will inevitably suffer—yet another example of sleep deprivation's connection with deeper social problems.

## THE COST OF LOST SLEEP

It is industrialization, for all its benefits, that has exacerbated our flawed relationship with sleep on such a massive scale. We sacrifice sleep in the name of productivity, but, ironically, our loss of sleep, despite the extra hours we put in at work, adds up to more than eleven days of lost productivity per year per worker, or about \$2,280. This results in a total annual cost of sleep deprivation to the US economy of more than \$63 billion, in the form of absenteeism and presenteeism (when employees are present at work physically but not really mentally focused). “Americans are not missing work because of insomnia,” said Harvard Medical School professor Ronald C. Kessler. “They are still going to their jobs, but they're accomplishing less because they're tired. In an information-based economy, it's difficult to find a condition that has a greater



effect on productivity.”

Sleep disorders cost Australia more than \$5 billion a year in health care and indirect costs. And “reduction in life quality” added costs equivalent to a whopping \$31.4 billion a year. A report, aptly titled “Re-Awakening Australia,” linked lack of sleep with lost productivity and driving and workplace accidents. In the United Kingdom, a survey showed that one in five employees had recently missed work or come in late because of sleep deprivation. The researchers estimated that this is equivalent to a loss of more than 47 million hours of work per year, or a £453 million loss in productivity. And almost a third of all UK employees reported feeling tired every morning. Yet, though awareness is spreading, few companies have given sleep the priority it deserves, considering its effects on their bottom line. In Canada, 26 percent of the workforce reported having called in sick because of sleep deprivation. And nearly two-thirds of Canadian adults report feeling tired “most of the time.”

It turns out that women need more sleep than men, so the lack of sleep has even more negative mental and physical effects on them. Duke Medical Center researchers found that women are at a greater risk for heart disease, Type 2 diabetes, and depression. “We found that for women, poor sleep is strongly associated with high levels of psychological distress, and greater feelings of hostility, depression and anger,” said Edward Suarez, the lead author of the study. “In contrast, these feelings were not associated with the same degree of sleep disruption in men.”

As women have entered the workplace—a workplace created in large measure by men, which uses our willingness to work long hours until we ultimately burn out as a proxy for commitment and dedication—they are still stuck with the heavy lifting when it comes to housework. The upshot is that women end up making even more withdrawals from their sleep bank. “They have so many commitments, and sleep starts to get low on the totem pole,” says Michael Breus, the author of *Beauty Sleep*. “They may know that sleep should be a priority, but then, you know, they’ve just got to get that last thing done. And that’s when it starts to get bad.”

According to Dr. William Dement, the founder of the Stanford Sleep Disorders Clinic (the first of its kind), working mothers who have young children at home have seen an additional 241 hours of work and commuting time added to their lives annually since 1969.

Sarah Bunton, a mother and cognitive-skills trainer, described her experience on *The Huffington Post*: “Do you ever have one of those days where you want to hit pause? Let me rephrase: do you ever have a day where you don’t want to hit pause? . . . There really isn’t an end of the day for most moms, working or otherwise. There’s usually not a beginning, either, just a continuation of whatever chaos preceded the momentary silence . . . Mommy wants a nap.”

“Let’s face it, women today are tired. Done. Cooked. Fried,” wrote Karen Brody, founder of the meditation program *Bold Tranquility*. “I coach busy women and this is what they tell me all the time: ‘I spent years getting educated and now I don’t have any energy to work.’?”

Dr. Frank Lipman, the founder of the Eleven Eleven Wellness Center in New York, sees so many patients who are sleep-deprived and exhausted that he came up with his own term for them. “I started calling these patients ‘spent,’ because that was how they seemed to me,” he writes. He compares this to his time working in rural South Africa: “There I saw many diseases arising from poverty and malnutrition but I didn’t see anyone who was ‘spent,’ as I do today in New York.”

The world is too much with us; late and soon,

Getting and spending, we lay waste our powers . . .

For this, for everything, we are out of tune.

—William Wordsworth, “The World Is Too Much with Us”

**The Sleep Revolution: Transforming Your Life, One Night At A Time By Arianna Huffington.**

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