How to Sleep Well: The Science of Sleeping Smarter, Living Better and Being Productive

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By Dr. Neil Stanley

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“Getting better sleep should not be a chore or an inconvenience. It should be something we choose to do, something we want to do, and something that can be very pleasurable to do.”

Sleep affects everything. Work and school performance, relationships, emotional outlook, your appearance and even your health. Sleeping poorly or not sleeping enough can dramatically impact quality of life, but in his new book, How to Sleep Well: The Science of Sleeping Smarter, Living Better and Being Productive, sleep expert Neil Stanley explains how most sleep problems can be solved with a bit of self-adjustment.

Whether readers struggle to fall asleep, sleep too lightly, wake too often or simply cannot wake up, How to Sleep Well is a guidebook to help change their sleep and live life more fully.

It starts by looking at what sleep is and why it’s important - how much you really need, what your body does during sleep, the causes behind many common sleep problems, and how sleep affects areas of your life including health, relationships, academic performance and business/leadership.

Next, readers will learn to identify the things in their life that are disrupting their sleep cycle - such as sleep disorders, the 24-hour society, children, worrying, and working shift patterns - and how to mitigate the impact.

Stanley also covers how to get your child to sleep and whether co-sleeping with your child is wrong.

Finally, readers will learn how to support healthy sleep during the waking hours — what works with or against sleep — and when the problem might be best dealt with by your GP.

“How to Sleep Well by Dr. Neil Stanley is due to be published in July 2018. It will be available
About the author:

Dr. Neil Stanley started his career in sleep in 1982 at the age of 16 when he got a job in the Neurosciences Division of the R.A.F. Institute of Aviation Medicine (IAM) in Farnborough, Hampshire. In 1993 he took a position at the Human Psychopharmacology Research Unit (HPRU), part of the University of Surrey, where he eventually became Director of Sleep Research, creating and running a 24-bed trials sleep laboratory, primarily designed for clinical trials into the effects of medications on sleep. He received his PhD from the University of Surrey on the basis of his published works in 2004.

Dr Stanley has published 38 peer-review papers on various aspects of sleep research and psychopharmacology and has presented his research to numerous national and international scientific and medical societies.

He is a member of the European Sleep Research Society, American Academy of Sleep Medicine, British Sleep Society (Chairman 2000–2004, Committee member 1998–2000), European Society of Sleep Technologists. He was also a member of the Executive Committee of the Assembly of National Sleep Societies (2004–2009) and through that is a co-author of the guidelines for accreditation of Sleep Medicine Centres; guidelines for Sleep Medicine Education in Europe, and standard procedures for Adult Sleep Medicine.

In addition to setting up a clinical sleep service at the HPRU, he was also involved in setting up and developing the sleep service at The London Clinic, and has worked freelance for Scansleep in Copenhagen and the Lovisenberg Hospital in Oslo.

He now spends most of his time writing about sleep and travelling worldwide lecturing on the benefits of good sleep to both healthcare professionals and members of the public.

He is widely quoted by the UK and international media as a sleep expert.

For more information see www.thesleepconsultancy.com

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