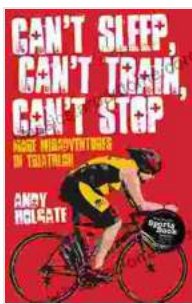


Rewrite the Stars: Unlocking the Power of Sleep to Stop Cancer, Train Your Brain, and Live a Longer, Healthier Life

In a groundbreaking new book, renowned sleep expert Dr. Michael Breus unveils the extraordinary connection between sleep and our overall health and well-being. Through a wealth of scientific research and compelling case studies, Dr. Breus reveals the profound impact sleep has on our physical, mental, and emotional health.



Can't Sleep, Can't Train, Can't Stop: More Misadventures in Triathlon by Andy Holgate

★★★★☆ 4.4 out of 5

Language	: English
File size	: 1901 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 353 pages
Lending	: Enabled



Sleep and Cancer

Dr. Breus presents compelling evidence that sleep plays a crucial role in preventing and treating cancer. Studies have shown that getting enough sleep can reduce the risk of developing certain cancers, such as breast, colon, and prostate. Sleep also helps to improve the effectiveness of cancer treatments, such as chemotherapy and radiation therapy.

For example, one study found that women who slept less than six hours per night were 40% more likely to develop breast cancer. Another study found that men who slept less than five hours per night were 50% more likely to develop prostate cancer.

Sleep and Brain Training

Dr. Breus also explains how sleep is essential for brain training and optimization. When we sleep, our brains consolidate memories and strengthen neural connections. This process is essential for learning and remembering new information.

Getting enough sleep can also improve our attention, focus, and creativity. Studies have shown that people who sleep well perform better on cognitive tasks, such as problem-solving and decision-making.

Sleep and Longevity

In addition to preventing cancer and improving brain function, sleep is also essential for longevity. Studies have shown that people who sleep well live longer than those who do not.

For example, one study found that people who slept less than six hours per night were twice as likely to die from all causes, including cancer and heart disease.

How to Get the Sleep You Need

Dr. Breus provides practical tips and strategies to help you get the sleep you need. He explains how to create a relaxing bedtime routine, establish a regular sleep schedule, and create a sleep-conducive environment.

Dr. Breus also discusses the importance of getting enough sunlight during the day and avoiding caffeine and alcohol before bed.

In his groundbreaking book, Dr. Michael Breus reveals the extraordinary power of sleep to transform our health and well-being. By getting enough sleep, we can reduce our risk of cancer, improve our brain function, and live longer, healthier lives.

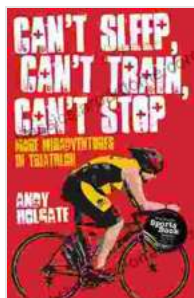
If you are struggling to get the sleep you need, I encourage you to read Dr. Breus's book. It is a comprehensive and authoritative guide to the science of sleep and how it can impact our lives.

About the Author

Dr. Michael Breus is a board-certified sleep specialist and the founder of The Sleep Doctor's Office. He is a Fellow of the American Academy of Sleep Medicine and a Diplomate of the American Board of Sleep Medicine.

Dr. Breus is a leading expert on the science of sleep and its impact on health and well-being. He has appeared on numerous television and radio shows, including The Today Show, Good Morning America, and The Dr. Oz Show.

Free Download your copy of Can Sleep Can Train Can Stop today!



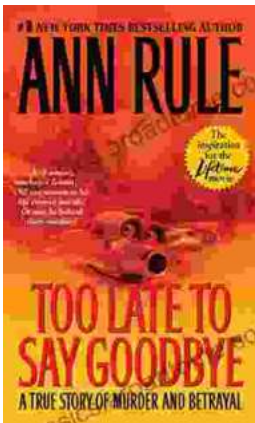
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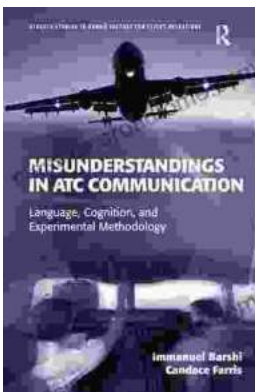
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