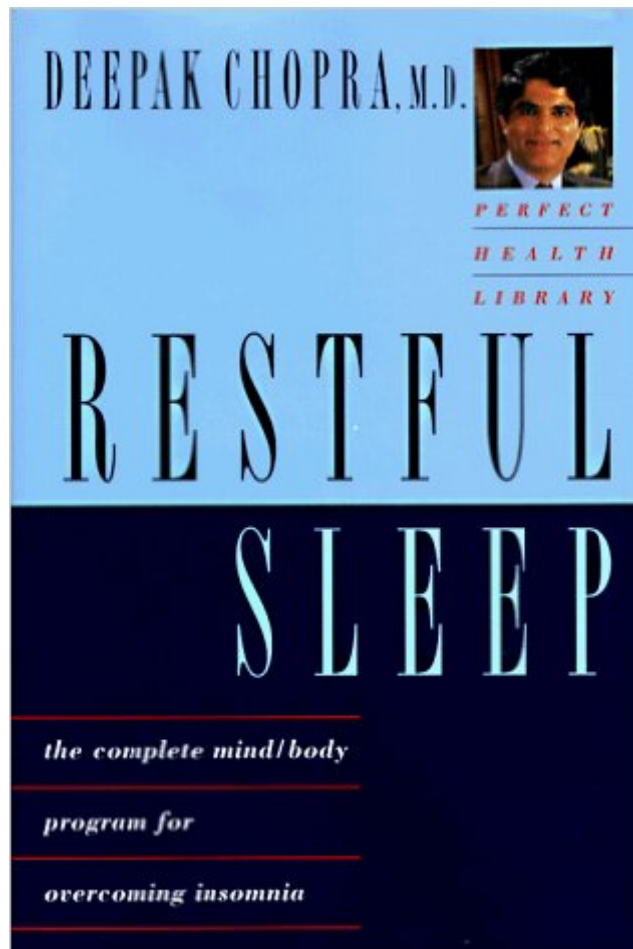


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# Restful Sleep: The Complete Mind-Body Program For Overcoming Insomnia



## Synopsis

Deepak Chopra, M.D., eminent physician and best-selling author of *Ageless Body, Timeless Mind*, explains how to fall asleep easily without trying, identify and eliminate the imbalances that cause your insomnia, and achieve a healthy balance of rest and activity in your life.

## Book Information

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## Customer Reviews

I bought this book several years ago when I first became aware that I was having chronic problems with sleeping. I finally pulled it off my shelf about a month ago and read it. I have found it to be extremely helpful. Chopra begins by encouraging the reader to consider the connection between waking life and sleeping life, and also the connection between our own biorythms and the rythms of nature. He then writes about sleep and how to make it restful again rather than stressful. His style is very relaxed and easy to understand. He takes an ayurvedic (the ancient tradition of Indian medicine) approach to helping solve sleep disorders. I was not familiar with the ayurveda prior to reading this book, and really enjoyed learning a little bit about it. As a reader I did not feel that Chopra was trying to convert me, just help me. And - I feel that he did.

I sometimes have trouble sleeping . . . not so much getting to sleep, but staying asleep . . . so when I saw RESTFUL SLEEP by Deepak Chopra, I jumped at the opportunity to listen to the program. Subtitled THE COMPLETE MIND/BODY PROGRAM FOR OVERCOMING INSOMNIA, it delivered a great deal of information . . . but this was not surprising because Chopra tends to do that

with every book and/or tape he comes out with . . . in my opinion, this was one of his best. I particularly liked how he backed up his ideas with insights from Ayurveda, the ancient Indian science of life. There were many tidbits I gained from listening; among them: \* You can't force yourself to sleep. \* Trying to sleep will not help; it will actually aggravate the insomnia. \* Turn your clock to the wall. Don't be concerned with the time. \* The solution to all sleep problems is making the period of being awake totally dynamic and satisfying. \* Lunch should be your heaviest meal of the day. \* Supper should be light and eaten early. \* Take a short stroll after dinner. \* Avoid watching TV at night. If you must, stop by 9 p.m. \* Best to go asleep before 10 p.m., according to the rhythms of nature. \* Rising earlier will lead to an earlier time for going to bed. \* Wake up at a regular time every day. \* Do reading in a room other than the bedroom. \* Making your bed each day creates an orderly and harmonious impression when you go to sleep. \* Extract of lavender is considered helpful for sleep. \* Ask yourself: Do you love your job? Are you really happy? If "yes" to both those questions, then it is likely to will avoid most heart and other health problems.

I was reluctant to read this book thinking it was just a theory, & maybe a little hokes pokes! But decided since I paid for it, I should at least give it a chance. Sleep has evaded me for more than 20 years, & I have tried pretty much everything. Both RX, over the counter, & homeopathic. So I wasn't hopeful.....I have to say, I have changed my bedtime, & rising time as the book recommends. So far, I have implemented several things into my routine, & although it not perfect, I have been getting to sleep, & sleeping better. Give it a chance, it may just help, & that's worth a try!

Never saw this book for sale before and I've searched Deepak Chopra a lot. Its from 1991 but has a lot of good info on sleep. It has helped me already. There's a test to determine your type. Before I read this, always thought I was a night person, but he explains why there is no such thing.

I didn't find anything new here regarding getting a good night sleep. If you just have occasional sleepless nights, this may work. If you are having health issues, I am not sure this will work for you. Big fan of Deepak, but found nothing new here.

As an insomnia sufferer I am always looking for hints on getting a better night's sleep. There was one big takeaway for me, but most of the book reinforced what I already know about insomnia. I recommend "Restful Sleep" for anyone who has not already done a lot of research into the topic.

I have been a fan of Deepak Chopra's for many years and I was curious about what he had to say about getting a good night sleep. This is a short book full of wisdom and good tips on ways to promote a good night sleep. Whether you adhere to the Ayurvedic approach to health and wellness or not, this little book is chock full of advice that has stayed with me. Here are a few nuggets that I just love and have really helped me: 1. Cultivating an attitude of "not minding" and staying as still as possible when feeling restless (as opposed to getting up and doing something else while experiencing insomnia). P.212. He recommends warm milk and has some nice recipes for cardamom-nutmeg milk and cardamom-saffron milk (p.76) 3. Gentle toning up and stretching exercises (fully illustrated) starting on p. 914. A great bedtime sleep log/checklist that you can photocopy and use (p.77) 5. Towards the end of the book in Chapter 9 (entitled "Fulfillment, the Basis for Restful Sleep", Dr. Chopra talks about something near and dear to me: that is that how we feel on the inside and how we live during the day affects the quality of sleep at night. He speaks of Dharma, and discovering and living a purposeful life. Beautiful and right on point! There are so many more things I could add but just pick up this little volume yourself. It is a quick read but you will find yourself wanting to refer back to it from time to time (as I have).

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