

Sleep Resources

Articles:

“10 Ways to Get a Better Night’s Sleep: Helping Yourself to Have Good-Quality Sleep.” Mind Tools LTD.
www.mindtools.com/community/pages/article/10-ways-to-get-a-good-nights-sleep.php

Barnes, Christopher. “Sleep-Deprived Judges Dole Out Harsher Punishments.” Harvard Business Review, February 15, 2017. Online Article. <https://hbr.org/2017/02/sleep-deprived-judges-dole-out-harsher-punishments?>

Brown, Jessica. “8 Sleep Experts on What to do When You Can’t Turn Off Your Thoughts at Night” New York Magazine. May 10, 2017. Online. <https://www.thecut.com/2017/05/8-sleep-experts-on-what-to-do-when-your-mind-is-racing.html>

Dahl, Melissa. “How to Get a Tiny Bit More Sleep.” New York Magazine. November 28, 2017. Online Article. <https://www.thecut.com/2017/11/how-to-get-a-tiny-bit-more-sleep.html>

Dam, Nick van and Els van der Helm. “There’s a Proven Link Between Effective Leadership and Getting Enough Sleep.” Harvard Business Review, February 16, 2016. Online Article. <https://hbr.org/2016/02/theres-a-proven-link-between-effective-leadership-and-getting-enough-sleep?autocomplete=true>

Gross, Terry. “Sleep Scientist Warns Against Walking Through Life in an Underslept State” NPR: Fresh Air. Podcast. October 16, 2017. <https://www.npr.org/sections/health-shots/2017/10/16/558058812/sleep-scientist-warns-against-walking-through-life-in-an-underslept-state>

Guarana, Cristiano and Christopher M. Barnes. “Research: Sleep Deprivation Can Make It Harder to Stay Calm at Work.” Harvard Business Review, August 21, 2017. Online Article. <https://hbr.org/2017/08/research-sleep-deprivation-can-make-it-harder-to-stay-calm-at-work?>

Hamilton, Jon. “Brains Sweep Themselves Clean of Toxins During Sleep.” NPR: All Things Considered Podcast. October 17, 2013 <https://www.npr.org/sections/health-shots/2013/10/18/236211811/brains-sweep-themselves-clean-of-toxins-during-sleep>

Ramsey, Lydia. “Trump’s doctor says he only sleeps 4-5 hours each night – and there could be a scientific reason why.” Business Insider. Jan 16, 2018. <http://www.businessinsider.com/some-people-only-need-a-few-hours-of-sleep-2016-12>

Rosen, Larry. “Relax, Turn Off Your Phone, and Go to Sleep.” Harvard Business Review, August 31, 2015. Online Article. <https://hbr.org/2015/08/research-shows-how-anxiety-and-technology-are-affecting-our-sleep?autocomplete=true>

Web sites:

Arianna Huffington picks 16 articles on the power of sleep

<https://ideas.ted.com/arianna-huffington-picks-16-articles-on-the-power-of-sleep/>

Center for Disease Control and Prevention

Drowsy driving

https://www.cdc.gov/sleep/about_sleep/drowsy_driving.html

Centers for Disease Control and Prevention

Sleep and Sleep Disorders

<https://www.cdc.gov/sleep/index.html>

National Sleep Foundation

<https://sleepfoundation.org/>

National Sleep Foundation

Sleep IQ Quiz

<https://sleepfoundation.org/quiz/sleep-iq-quiz>

Sleep Education

<http://www.sleepeducation.org/>

Video:

How to Succeed: Get more sleep – Arianna Huffington – Ted Talk

https://www.ted.com/talks/arianna_huffington_how_to_succeed_get_more_sleep

Sleep and Work – Chris Barnes– TedxOregonStateU

<https://www.youtube.com/watch?v=z8rpaCSm708>

Books:

Huffington, Arianna. *The Sleep Revolution*. Harmony Books. 2016.

Stevenson, Shawn. *Sleep Smarter*. Rodale Wellness. 2016.

Walker, Matthew Ph.D. *Why We Sleep: Unlocking the Power of Sleep and Dreams*.

Scribner. 2017.

Sleep Diary:

National Sleep Foundation

https://sleepfoundation.org/sites/default/files/SleepDiaryv6.pdf?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A%20nsfalert%20%28Newsletter%20-%20NSF%20Alert%29

American Academy of Sleep Medicine

<http://yoursleep.aasmnet.org/pdf/sleepdiary.pdf>