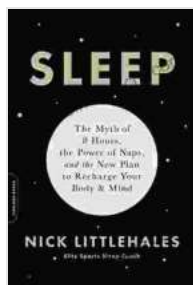


The Myth of Hours: The Power of Naps and the New Plan to Recharge Your Body and Mind

We've been taught that we need to work 8 hours a day, sleep for 8 hours a night, and exercise for an hour each day. But what if this is all wrong? What if the key to a healthier, more productive life is to ditch the clock and listen to our bodies instead?

In his groundbreaking book, *The Myth of Hours*, Dr. Michael Breus, a sleep expert and author of *The Sleep Doctor's Diet Plan*, reveals the truth about how our bodies work and offers a new plan for recharging our bodies and minds.



Sleep: The Myth of 8 Hours, the Power of Naps, and the New Plan to Recharge Your Body and Mind by Nick Littlehales

★★★★☆ 4.5 out of 5

Language	: English
File size	: 3071 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 181 pages



Breus argues that the traditional 8-hour workday is a myth. In fact, he says, most people can only focus for about 90 minutes at a time. After that, our

productivity starts to decline. So, instead of trying to power through an 8-hour workday, Breus recommends breaking it up into smaller chunks, with breaks in between. This will help you stay more focused and productive throughout the day.

Breus also debunks the myth that we need to sleep for 8 hours a night. He says that most adults only need around 7 hours of sleep per night. And, he argues, it's more important to get a good night's sleep than to get a certain number of hours of sleep. So, if you're finding it difficult to fall asleep or stay asleep, don't stress about it. Just try to get as much sleep as you can, and you'll eventually get the rest you need.

Finally, Breus dispels the myth that exercise is only good for you if you do it for an hour each day. He says that even a small amount of exercise can have a big impact on your health and well-being. So, if you don't have time for a full hour of exercise, don't worry. Just do what you can, and you'll still see benefits.

The Myth of Hours is a groundbreaking book that will change the way you think about your health and productivity. Breus's research-based advice will help you get more done, sleep better, and live a healthier life.

The Power of Naps

Naps are a powerful way to recharge your body and mind. In fact, research has shown that naps can improve your cognitive performance, mood, and even your physical health.

There are many different types of naps, but the most common type is the short nap, which lasts for 10-20 minutes. Short naps are ideal for improving

your alertness and focus. They can also help you to reduce stress and improve your mood.

Longer naps, which last for 30-60 minutes, can be more restorative. These naps can help you to improve your memory and your problem-solving skills. They can also help you to reduce fatigue and improve your physical performance.

No matter what type of nap you take, it's important to listen to your body. If you wake up feeling refreshed and energized, then your nap was the right length. However, if you wake up feeling groggy or disoriented, then your nap was too long.

The New Plan to Recharge Your Body and Mind

In *The Myth of Hours*, Dr. Breus offers a new plan for recharging your body and mind. This plan is based on the latest research on sleep, naps, and exercise. The plan includes the following steps:

1. **Get enough sleep.** Most adults need around 7 hours of sleep per night. However, the amount of sleep you need may vary depending on your age, activity level, and overall health.
2. **Take naps.** Naps are a great way to recharge your body and mind. Take a short nap (10-20 minutes) in the afternoon to improve your alertness and focus. Or, take a longer nap (30-60 minutes) before bed to improve your memory and problem-solving skills.
3. **Get regular exercise.** Exercise is another great way to recharge your body and mind. Even a small amount of exercise can have a big

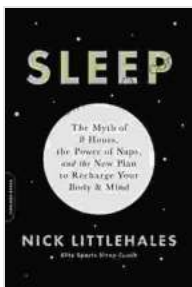
impact on your health and well-being. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

4. **Eat a healthy diet.** Eating a healthy diet is essential for your overall health and well-being. Eat plenty of fruits, vegetables, and whole grains. Limit your intake of processed foods, sugary drinks, and unhealthy fats.
5. **Manage stress.** Stress can take a toll on your physical and mental health. Find healthy ways to manage stress, such as exercise, yoga, or meditation.

Following these steps will help you to recharge your body and mind and live a healthier, more productive life.

The Myth of Hours is a groundbreaking book that will change the way you think about your health and productivity. Breus's research-based advice will help you get more done, sleep better, and live a healthier life.

So, ditch the clock and start listening to your body. Get enough sleep, take naps, get regular exercise, eat a healthy diet, and manage stress. You'll be amazed at how much better you feel.



Sleep: The Myth of 8 Hours, the Power of Naps, and the New Plan to Recharge Your Body and Mind by Nick Littlehales

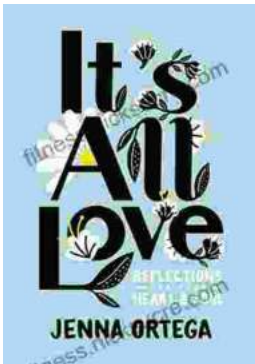
★★★★☆ 4.5 out of 5

Language	: English
File size	: 3071 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled

Print length : 181 pages

FREE

DOWNLOAD E-BOOK



Reflections For Your Heart and Soul: A Journey of Self-Discovery and Healing

In the depths of our hearts, we hold a wellspring of wisdom and resilience. Reflections For Your Heart and Soul invites you on a transformative...



The Heroines Club: Empowering Mothers and Daughters

The Heroines Club is a mother daughter empowerment circle that provides a supportive and empowering environment for mothers and daughters to...