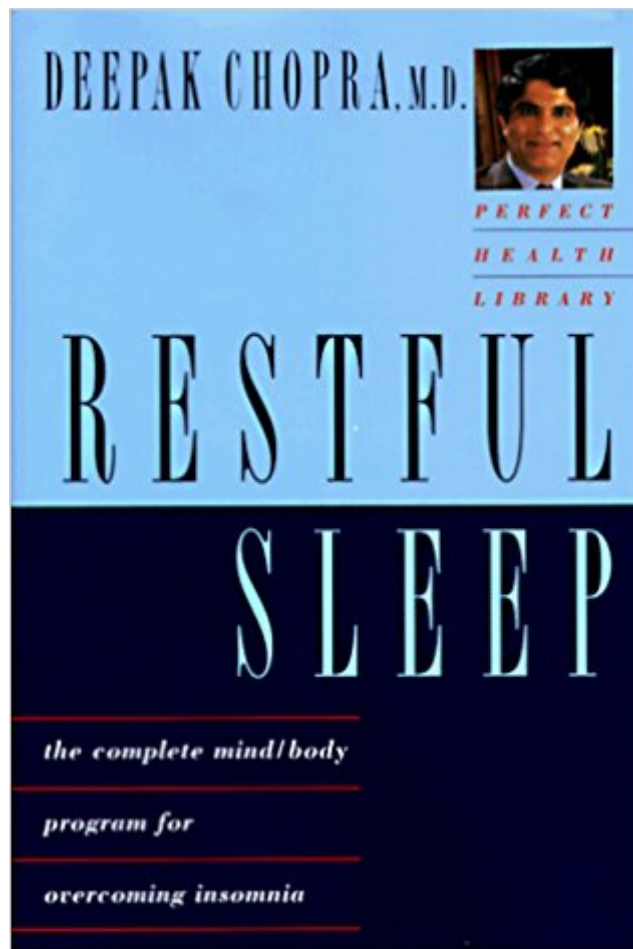




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# Restful Sleep: The Complete Mind-Body Program For Overcoming Insomnia



## 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

While most sleep experts advise people who are experiencing difficulty in sleeping to consider a variety of strategies, including drugs, Chopra (*Ageless Body, Timeless Mind*), director of the Sharp Institute for Human Potential and Mind/Body Medicine in San Diego, relies on the balance and moderation that are keystones of the ancient Indian Ayurvedic approach to health. He suggests that, to enjoy restful sleep, we need to understand more about the nature of the mind and the body, the connections between them and the cycles of nature that are related to sleep patterns. Unlike many sleep specialists, he recommends staying in bed, with one's eyes closed, rather than getting up to read or watch television on those exasperating nights when sleep just doesn't come. He also advocates keeping sleeping logs, gentle daily exercise and discovering and nurturing one's Ayurvedic body type. The latter, understandably exotic to an audience accustomed to Western medicine, is based on three body types-vata, pitta, and kapha-and finding the inner harmony necessary for one's body type. Although not all insomniacs will go along with the Ayurvedic way of thinking, this approach does provide thought-provoking reading-especially on a sleepless night. Harmony is also publishing Chopra's *Perfect Weight* concurrently. Copyright 1994 Reed Business

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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.

The content of the book is very interesting. As for the order itself, this book was obviously wet at some point and then dried. Not sure I would have bought it had I known that, but it is still readable.

Love so many of his books for much growth would not have been possible without the knowledge he gives. This book nicely outlines behaviors that interfere with a good night sleep as well as simple strategies to enhance sleep. At points, scientific research is cited and interesting. It goes beyond routine, routine, routine and the quick night massage is helpful in calming the nervous system for sleep. Beyond that, the book fosters creativity for one to customize habits to achieve a restful sleep.

Never saw this book for sale before and I've searched Deepak Chopra a lot. It's 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.

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).

Deepak Chopra can really do no wrong. This is an easy to read, practical guide to help you get the most out of your time in bed, uncle tests to take and exercises to follow

If you have insomnia, and have ordered other audios to help you sleep, don't mistake this for one of them. It is instructional only, read in a daytime voice that you would listen and make notes to during the day. For me, it was a waste of money. I saw positive reviews by people I would have to guess did not have insomnia/sleep anxiety. Deepak Chopra is a wonderful narrator on every other audio I have, except this one. Save your money.

I tend to judge self-help books based on the number of practical things I can apply. This book has a pretty good number that I found helpful. Some of them I had read elsewhere before, but there was a decent amount of material that was new to me and the rest of the material was a good refresher and summary of some things I already knew.

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