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The 8-Hour Sleep Paradox: How We Are Sleeping Our Way to Fatigue, Disease and Unhappiness

Mark Burhenne

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As rates of disease, fatigue and unhappiness skyrocket, teams of scientists are scrambling to find cures. But the cure we need is an old one: sleep. Getting the proverbial eight hours each night isn't enough anymore thanks to our modern lifestyle and diet. Sleep medicine dentist Dr. Mark Burhenne discusses how modern sleep is destroying our health and what we can do about it to heal and be our best, brightest, most capable selves.

"I can’t stress enough how important this book is for people to read as it will help you better understand why you need quality sleep, what the pitfalls or correctable problems may be that are preventing you from getting it, and what you can do about it. I highly recommend you read the 8-Hour Sleep Paradox and get yourself feeling better than you thought possible." -- Eva Selhub, MD, Harvard Medical School Lecturer in Medicine and Author of Your Health Destiny, The Love Response and Your Brain on Nature

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Ricardo Kiernan:

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