

Sleep

The Library has a growing collection of books for improving staff well-being.

The following books on sleep are available to borrow from the Library.

Fast asleep: how to get a really good night's rest by M. Mosley (2020)

Mindfulness and sleep: how to improve your sleep quality through practicing mindfulness by A. Black (2018)

The 4 pillar plan: how to relax, eat, move and sleep your way to a longer, healthier life by R. Chatterjee (2018)

The doctor`s guide to sleep solutions for stress and anxiety by R.S. Rosenberg (2015)

Body calm: the powerful meditation technique that helps your body heal and stay healthy by S. Newbigging (2015)

The little book of relaxation by L. Lane (2015)

How to relax by T. N. Hanh (2015)

This book will make you sleep by J. Hibberd (2014)

The sleep book by G. Meadows (2014)

The Good Housekeeping guide to great sleep (CD ROM) by Good Housekeeping (2013)

Blissful relaxation exercises by A. Muir (2011)

Sleep for success! Everything you must know about sleep but are too tired to ask by R. Robbins (2010)

Relaxation techniques (includes CD) by A. Muir (2010)

I can make you sleep (includes CD) by P. Mckenna (2009)