

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.*

Life time: the new science of the body clock, and how it can revolutionize your sleep and health by Russell Foster (2022)

Teach yourself to sleep: an ex-insomniac's guide by Kate Mikhall (2021)

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)

Eat to sleep: 80 nourishing recipes to help you sleep well every night by Heather Thomas (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)

Blissful relaxation exercises by A. Muir (2011)

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