



## Beauty Sleep

Look Younger, Lose Weight, and Feel Great  
Through Better Sleep

by Michael Breus, Ph. D.



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Non-Fiction - Self Help

336 Pages

Reviewed on 03/15/2009

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## Book Review

### Reviewed by Anne Boling for Readers' Favorite

Beauty Sleep by Dr. Michael Breus takes a look at Sleep disorders, discusses the importance of sleep and how to sleep better. He offers quizzes to assist you in determining why you are not sleeping well. Many factor's disturb our sleep including what we eat, drink, smell and who we sleep with. Other things factors could be your bedroom, mattress, and light. Sleep can be affected by your weight and weight can affect your sleep.

We all desire to look our best; the first place to start is a good night's Sleep. The quality of you sleep can also affect your sex life. Sleep aids should be a last resort; they are like putting a band-aid on the problem not repairing the problem. I found Dr. Breus' book to be both informative and easy to understand. He presents his material in a concise, logical manner. I eagerly opened the cover of Beauty Sleep by Michael Breus. I was searching for a better understanding of why I was tired all the time. The information in Beauty Sleep is invaluable. Anyone concerned about their health would benefit from this book.