



# SUBJECT GUIDE: SLEEP

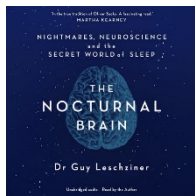
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Do you find yourself unable to relax at the end of the day and have trouble drifting off to sleep? Are you relying on caffeine to stay awake and struggling to get out of bed in the morning? Without adequate sleep, our overall health is put at risk.

Everyone knows that sleep is essential, but when life is busy and stressful it can easily fall in our list of priorities. Geelong Regional Libraries has a wide range of digital resources on the importance of sleep and expert advice to help you wake up feeling rested and refreshed every day. The information in this guide is general in nature and aims to provide you with information around sleep. If you have questions, please speak to your health professional.

## eAudiobooks on Borrowbox

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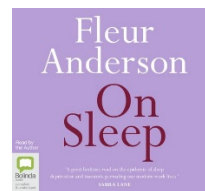
### GUY LESCHZINER – THE NOCTURNAL BRAIN

In this ground-breaking book, Dr Guy Leschziner takes us on a fascinating journey through the nocturnal brain to illustrate the neuroscience behind nightmares, night terrors and sleep walking.



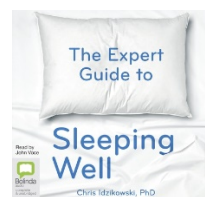
### CARMEN WARRINGTON & DAVID JONES – REST WELL, SLEEP WELL

These meditations are designed to relax you into sleep, or at least into a restful state as you prepare for satisfying slumber. In the first two tracks, the nurturing voice, almost like a lullaby, helps you relax and complete the day. From then on, the music takes over as you unwind into peaceful relaxation.



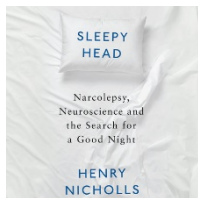
### FLEUR ANDERSON – ON SLEEP

*On Sleep* is the story of our love-hate relationship with slumber. Part-time insomniac Fleur Anderson ponders the big questions: 'Why can't I sleep?', 'Where is society heading?', and 'Why did I have that glass of cab sav?'



### CHRIS IDZIKOWSKI – THE EXPERT GUIDE TO SLEEPING WELL

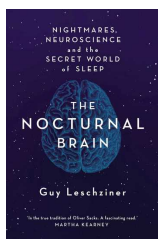
Lack of sleep is associated with serious illnesses such as high blood pressure, diabetes and even cancer. Luckily, leading sleep expert Professor Chris Idzikowski is here to reveal his wisdom in a down-to-earth and reassuring way. *The Expert Guide* covers a range of topics from the history of sleep, advice on managing your sleep, sleep problems, and practical tips and guidelines.



## HENRY NICHOLLS - SLEEPYHEAD

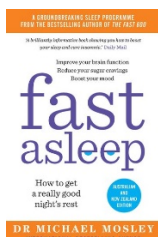
When Henry Nicholls was 21, he was diagnosed with narcolepsy: a medical disorder causing him to fall asleep with no warning. Now a writer and biologist, Nicholls explores the science of disordered sleep, discovering that around half of us will experience some kind of sleep dysfunction in our lives. *Sleepyhead* is told with humour and intelligence to change the way we understand our sleeping hours.

## eBooks on Borrowbox



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## MICHAEL MOSLEY – FAST ASLEEP

In *Fast Asleep*, Dr Michael Mosley brings together the latest science to explain exactly what happens to us when we sleep and why it is so important that we get enough of it. He explains why so many of us struggle with sleep, what works and what doesn't and shares his own myth-busting programme to help you achieve a good night's rest.



## DANIELLE WRIGHT – SLEEPY MAGIC

Having trouble getting your child to sleep? This is a simple night-time sleep ritual that combines meditation, affirmations, imagination, and an essential breathing technique. It provides parents tools for calm, connected and conscious children.



## TIZZIE HALL – SAVE OUR SLEEP

Tizzie Hall has gained an international reputation as a baby whisperer. Even from an early age, Tizzie knew how to read babies' body language and cries, and from that auspicious beginning she has developed a series of sleep routines that have provided parents and babies with a good night's sleep the world over.

## Magazines



## PREVENTION MAGAZINE AUSTRALIA

Packed with inspiration and motivation, *Prevention* magazine makes living a healthier lifestyle easier than you ever thought possible. Its unrivalled credentials make it your go-to for breakthrough health news and views you can trust.



## PREVENTATION MAGAZINE (U.S.)

*Prevention* magazine gives you healthy solutions you can really live with. Every issue delivers the latest news and trends on health, food, and nutrition, family, fitness, and more!



## GOOD HEALTH

Every issue is packed with information - cutting edge medical advances, psychology, relationship, kids, food, beauty and much more. Above all, *Good Health* wants to empower its readers with a sense that they can do something POSITIVE to enjoy a long and healthy life.

## Watch on Kanopy



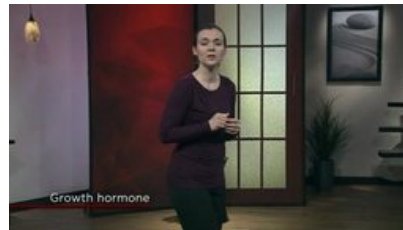
## STRESS AND YOUR BODY, EPISODE 15: STRESS, SLEEP AND LACK OF SLEEP

Most of us don't get as much sleep as we should. Yet the amount of sleep we get is highly intertwined with how our bodies deal with stress. Investigate why high levels of stress disrupt not only how long we sleep: but the quality of sleep's vital restorative powers as well.



## MEDICAL SCHOOL FOR EVERYONE, EPISODE 13: BETTER SLEEP FOR THE WHOLE FAMILY

Focus on helping children of any age (and their parents) get a good night's sleep. You'll learn how to establish healthy sleep associations with children, go inside sleep issues like narcolepsy and sleep apnea, and learn how to help 'reset' a child's body clock to get better sleep.



## HOW TO BOOST YOUR PHYSICAL AND MENTAL ENERGY, EPISODE 2: SLEEP - YOUR ENERGY 401(K)

Find out why sleep matters so much to your well-being. Research shows that regular sleep provides a range of benefits from better cognitive performance throughout the day to lower risk of disease over your lifetime. Reflect on the barriers to good sleep as well as a few things you can do to improve your sleep.



## THE MAYO CLINIC GUIDE TO PAIN RELIEF, EPISODE 8: HOW TO SLEEP WHEN YOU HAVE PAIN

People with chronic pain are more likely to have sleep problems that impact their daily lives and are three times more likely to be diagnosed with a sleep disorder. Recent research reveals many complex relationships between pain and sleep - and the best ways to get the sleep needed to lessen stress and pain.



### **OUTSMART YOURSELF: BRAIN-BASED STRATEGIES TO A BETTER YOU, EPISODE 10: TAKE THE SLEEP CHALLENGE**

While your body may shut down during sleep, your brain performs important, fascinating work to help you be more focused, creative, and productive in your waking life. Explore the mysterious realm of sleep.



### **COGNITIVE BEHAVIORAL THERAPY, EPISODE 18: GETTING A GOOD NIGHT'S SLEEP**

Observe as Dr. Satterfield works with Maria to assess her quality and quantity of sleep. Apply the techniques of CBTI (the "I" is for insomnia) to fall asleep faster and wake more rested.

## **Web resources**

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Please note that these are external resources and may have associated costs.

### [Sleep Health Foundation Australia](#)

Our mission is to improve people's lives through better sleep.

### [Australasian Sleep Association](#)

The peak scientific body in Australia and New Zealand for sleep health and sleep medicine.

### [Sleep Talk Podcast](#)

Sleep Talk Podcast is the place to get quality, evidence-based information on sleep and sleep disorders from experts in the field.