

Sleep Secrets: How to Fall Asleep Fast, Beat Fatigue and Insomnia and Get a Great Night's Sleep

Ronald M Bazar

CreateSpace (Oct 14, 2015)

Softcover \$19.95 (227pp)

978-1-5172-7577-8

This is a comprehensive, engaging guide to good sleep.

Like millions of Americans, Ronald Bazar had trouble sleeping. His problem led him to start a sleep manufacturing and retail business in the mid-1980s, and more recently, it also spurred Bazar to author *Sleep Secrets*. As Bazar states in his introduction, his book draws from “ancient time-proven sleep wisdom to cutting-edge products, from expert sleep-doctor advice to insightful tips, from new research insights to highly successful mind-body methodologies and breakthrough practices.”

The author covers a great deal of territory. Beginning with such basics as the importance of sleep and setting a sleep routine, Bazar moves on to specific methods for sleep improvement. For example, he devotes an entire chapter to how light controls sleep, including the need for natural light during the day and helpful ways to ensure darkness during sleeping hours. Another chapter delves into electromagnetic frequencies, which not only affect sleep but potentially overall health. Bazar's discussion of food and supplements is important in understanding the role nutrition and various substances play in sleep quality. A chapter entitled “Body-Mind Techniques for Sleep” offers numerous sleep improvement methods to try, including bathtub therapy, yoga, acupressure, breathing techniques, and relaxation exercises. The author even details numerous current technology products available to aid sleep. He also addresses snoring and sleep apnea, even though these are not the main focus of the book.

Bazar's coverage of the topic is so broad because his intent is to provide a “complete resource guide to insights from the world of sleep.” He admits “there simply is no one-size-fits-all approach” to solving an individual's sleep deprivation or insomnia. As a result, *Sleep Secrets* offers a great deal of information in the form of strategies, tactics, and techniques without a bias toward any one solution. The challenge for readers, then, is to test various methods to determine which might work best on a personal level. Some may find so many options to be a bit overwhelming.

Still, one of the primary strengths of *Sleep Secrets* is its all-inclusive approach. In fact, Bazar takes full advantage of the e-book format option by inserting a wealth of embedded links to articles, videos, blogs, and websites that further elaborate on particular subjects. The book is well organized and written in an approachable style. It includes lots of illustrations, photographs, amusing sleep-related cartoons, and short sections to enhance the readability. The attractive cover, with a close-up photograph of a sleeping woman and a quote about the book by renowned homeopathic physician Dr. Andrew Weil, is very effective.

Sleep Secrets should be invaluable to anyone who wants to get a better night's sleep.

BARRY SILVERSTEIN (November 3, 2015)

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