

Sleep Manual

Training Your Mind and Body to Achieve the Perfect Night's Sleep

Wilfred R. Pigeon, Ph.D.; Michael J. Sateia, M.D., Consultant Editor

According to a 2005 survey by the American National Sleep Foundation, fewer than half of Americans say they get a good night's sleep during most nights. *Sleep Manual* presents practical ways in which readers can tackle sleep disorders and make sleeping more relaxing and restorative. The authors explain sleep in scientific terms and identify common sleep disorders. Among them is sleep apnea, a respiratory condition that produces frequent, brief sleep interruptions throughout the night and is characterized by heavy snoring. Preventive measures and effective treatment methods to counter sleep apnea, as well as several other sleep disorders, are clearly spelled out. Insomnia, the most common sleep disorder, receives particular attention; its various causes and the medically proven ways in which sufferers can overcome it are detailed. Enclosed with the book is an audio compact disc presenting relaxation exercises, behavioral strategies, and other useful tools designed to help induce and maintain sleep. Illustrated.

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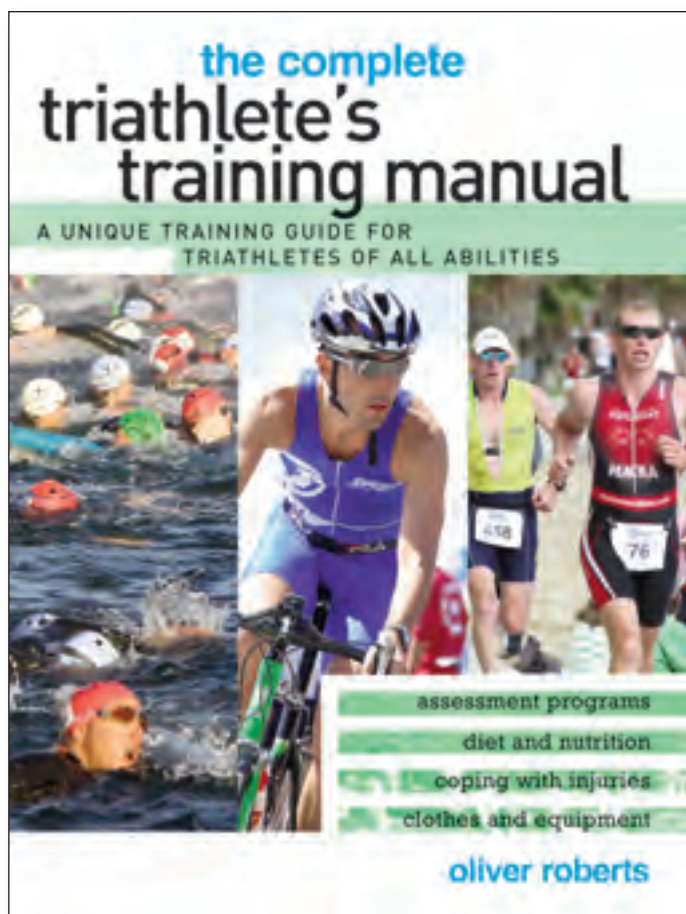
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The Complete Triathlete's Training Manual

Oliver Roberts

A successful triathlete is an endurance runner, swimmer, and bicyclist—and superb conditioning is essential for athletes who compete in this arduous sport. This book presents six graded training schedules designed to take aspiring triathletes from beginner status to championship contender. The author's guidelines will tell readers which schedule is best for them, based on their state of physical fitness. They'll find detailed advice on how to build general fitness and lose unwanted weight. Author Oliver Roberts also recommends the best equipment, based on each individual's physical profile, and offers detailed advice on how to avoid injury. A log section at the back of the book helps trainees keep track of their progress. Charts and more than 150 color illustrations.

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Paperback w/cover flaps, 128 pp., 6 1/4" x 8 1/4"

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Oliver Roberts is a former journalist for Runner's World, the U. K.'s best-selling fitness magazine. He is also a triathlete.

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