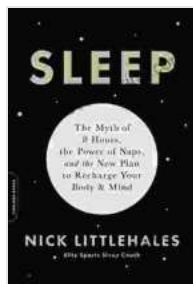


# The Myth of Hours: Unlock Your True Potential with the Power of Naps



**Sleep: The Myth of 8 Hours, the Power of Naps, and the New Plan to Recharge Your Body and Mind** by Nick Littlehales

★★★★☆ 4.5 out of 5

Language : English  
File size : 3071 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 181 pages



In a world obsessed with productivity and efficiency, we've come to believe that the more hours we work, the more we'll accomplish. But what if this is a myth? What if the key to unlocking our true potential lies not in working longer, but in working smarter?

In her groundbreaking book, *The Myth of Hours*, Dr. Sandra Dalton-Smith reveals the power of naps and how they can help us recharge our bodies and minds, boost our productivity, and improve our overall health and well-being.

Dr. Dalton-Smith is a leading expert on the science of sleep and has spent years researching the benefits of naps. Her research has shown that naps can help us:

- Improve our cognitive function
- Boost our creativity
- Reduce our stress levels
- Improve our mood
- Boost our immune system
- Reduce our risk of chronic diseases

The Myth of Hours is not just a book about naps. It's a book about how we can live healthier, more productive, and more fulfilling lives. Dr. Dalton-Smith provides a wealth of practical advice on how to incorporate naps into your daily routine, including:

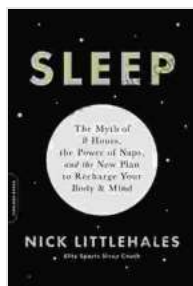
- How to find the right time of day to nap
- How to create the ideal napping environment
- How to nap for the perfect amount of time
- How to avoid the negative effects of naps

If you're ready to unlock your true potential, The Myth of Hours is the book for you. Dr. Dalton-Smith's research-backed advice will help you reap the benefits of naps and live a healthier, more productive, and more fulfilling life.

### **Free Download Your Copy Today!**

The Myth of Hours is available now on Our Book Library, Barnes & Noble, and other major retailers.

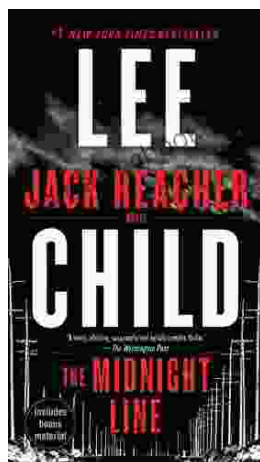
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