



## The Power of Rest: Why Sleep Alone Is Not Enough. A 30-Day Plan to Reset Your Body

*Matthew Edlund*

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## **The Power of Rest: Why Sleep Alone Is Not Enough. A 30-Day Plan to Reset Your Body** Matthew Edlund

This groundbreaking book takes a fresh look at the role that rest plays in the quality of your life, offering a proven program to enhance your health, help you look younger, and feel restored. *The Power of Rest* provides a low-cost, low-risk answer to some pressing health concerns, and is an important adjunct for those already investing time, energy, and money in their health. Readers interested in a new plan to help with sleep disruptions, fatigue, lack of zest, weight loss, or diabetes will find many helpful suggestions in *The Power of Rest*.

## **The Power of Rest: Why Sleep Alone Is Not Enough. A 30-Day Plan to Reset Your Body Details**

Date : Published June 8th 2010 by HarperOne (first published May 21st 2010)

ISBN : 9780061862762

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Format : Hardcover 288 pages

Genre : Health, Nonfiction, Self Help



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## **From Reader Review The Power of Rest: Why Sleep Alone Is Not Enough. A 30-Day Plan to Reset Your Body for online ebook**

### **Wan Shoo says**

I love this book! I have been practicing the tricks suggested while reading, it's practical ! For better rest and understanding the meaning of rest, this is the book !

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### **Molly Moody says**

I enjoyed the first part of the book, appreciated the information on how important sleep is to our health, and it helped me understand some of the challenges I face with lack of sleep. But when it came to getting me rest, forget it. Other than tiring me by the extreme litany of breathing exercises, it felt worthless.

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### **L.A. says**

Take a break, driver 9-5.

Getting a good night's sleep is a big part of good health, but it's not the whole of the matter, Edlund argues. The 30-day format is broken into chapters that cover sleep, physical non-sleep rest, mental rest, social rest, and spiritual rest, both at home and at work. I tried most of these on for science and found the majority of them effective. Edlund admits that not every technique will appeal to every person, but I'm still giving him the side-eye for that self-hypnosis / eye-rolling thing, which borders on woo-woo. In fact, the whole "spiritual rest" chapter should probably be avoided by skeptics, as it is a bit, er, floofy-worded, even for those who do have some sort of god/dess concept.

The music metaphor, and final chapters on putting it all together and "tuning your life," are neat, but not mandatory. Basically this is a nice gentle book with some neat rest techniques in it, many of which are the common sense things we know we should do, but shouldn't. There are a few neat surprises, though, so if you're feeling tired and wired all the time, and you can handle a soft-and-gentle type tone in science writing, you might appreciate this.

Please note that Edlund IS a doctor, but that no book (or book review) should take the place of advice from your own physician. Caveat lector. Now go take a walk. It's good for you.

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### **Cara says**

I think this is a good book, but it makes me so sleepy whenever I read it! I'm dead serious. Even just thinking about it makes me yawn every time. I guess I recommend the crap out of it for all the insomniacs out there! Meanwhile, it will be interesting to see if I ever make it past the chapter on Mental Rest.

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Just can't finish this! And it's ILL, so can't renew it, either.

His initial premise is that if we keep living in this cycle: Food-Activity-Rest (going FAR), we'll be healthier, happier, and more productive. He talks about sleep: what everyone needs it for, how to figure out how much you personally need, how to adjust to the world's schedule if your job/life doesn't allow you to be on your natural sleep schedule.

One thing I found interesting that I didn't know before is that your brain is actually a few degrees cooler than normal when you've been asleep--it literally needs to be warmed up in the morning! He recommends having a little stretch and then getting out for a walk in the sunshine as soon as you get up. If walking outside isn't practical, do some light exercise in bright light.

For folks who lie awake worrying, he recommends setting aside a time hours before bedtime and writing down the top five things that are bothering you. Then write down what you can/will do to solve or fix them, or at least make things better. This way, your brain focuses on solutions, not wallowing in problems, and you can check off these issues as sufficiently thought about for the night.

Other recommendations include a hot bath right before bed (this will raise your body temperature, which will presumably drop again when you get out; a sudden drop in body temperature signals your brain and body to fall asleep and sleep more deeply) and short evening walks.

For physical rest, he recommends deep breathing, the mountain pose, the gravity pose, napping, and unnaping. Mountain pose: stand straight with good posture and align everything right. Breathe deeply. Gravity pose: lie down with your hands behind your head and your ankles crossed. Raise your feet up and point them toward the ceiling. Breathe, feel yourself sinking into the floor, feel your body relaxing, feel your legs drooping back down to the floor, then put them back up.

The book also includes chapters on mental rest, social rest, and spiritual rest, as well as how to put it all together. It's probably really good.

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### **Tish says**

I'm reading this for FBG homework. Interesting so far.

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### **Gary Patton says**

In order to be fully alert, alive and awake plus completely engage in the full peak experiences to which folks attribute their best memories, indeed to survive disease and heal, people must learn to "rest" properly ...not just sleep.

Going F.A.R. (creatively integrating Food. + Activity. + active & passive Rest. is a fun and powerfully productive way to do this as a conscious lifestyle.

Be wise! Become truly healthy regardless of your age by integrating the easy, fun, and powerful techniques Dr. Edlund will teach you one day at a time.

Enjoy!

GaryFPatton

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### **Carissa says**

It was good and logical.

This is one of the things that stayed with me (and I use it with friends as well, except for #4). I am glad that someone was able to quantify this.

1. Partner: someone who is aligned with your value and appreciates the meaning of compromised.
2. Friend: when you are friends with your significant other, you genuinely enjoy your downtime together.
3. Companion: the difference between a companion and a friend is that a companion is physically there to participate in events and life moments with you, while a friend is more of an emotional presence, there to provide support through events and life moments, not necessarily to attend them with you.
4. Lover: I think that is self-explanatory.

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### **Melissa says**

The beginning started out really good and I learned a lot. Then it started to get really slow and by the end, I just suffered through it.

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### **Two Readers in Love says**

The author recommends getting your life into a kind of regular, musical rhythm; pay attention to activities that put you into a flow state and energize you.

The irony - which the author admits - is reading about sleep puts you to sleep, so depending on your own rhythms, this either is or isn't the right book to read before bed!

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### **Will Turner says**

Started out okay but when I got to self-hypnosis he lost me. I appreciate his focus on the complexity of rest. Rest is more than just physical but many of the suggestions and practices he sought to promote were just way too over the top cuckoo.

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### **Caroline says**

Disappointing. I am already doing 90% of what he recommends and am still tired. His FAR method wasn't actually explained as such, and there was a great deal of repetition and space-filling faux quizzes.

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### **Shiri says**

Pretty good techniques to interleave active rest in your day in order to be more engaged when you're not resting. Message: rest is not sleep, and it is not laziness. Also, the book includes a sleep makeover which I've followed pretty successfully. I am now waking up at the same time every day (and going to sleep approximately consistently). Also, the book focuses a lot on active rest techniques which I liked a lot. Some I already was familiar with and others were totally new to me. I've been using some of them, and interleaving with my day's activities to achieve better focus.

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### **Kalyn says**

There is some good information in here and he explores types of rest you usually wouldn't think about (Mental and Emotional Rest) and getting it in non-typical ways. Good ideas for those of us in modern, fast-paced lives that probably don't get enough rest of any kind.

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### **Jennifer Stroble says**

Interesting concepts about how rest can be in different forms than just sleep but the book was slow and a "chore" to read. The "FAR food-activity-rest" technique reminded me of the "EASY" technique used for babies (eat-activity-sleep-yourtime). I was hoping some of the concepts would stay with me during my down time at home and work but so far I haven't tried any of them (except to show my coworkers the gravity pose on the floor at work for fun).

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### **Sarah says**

I've been holding on to this book since I took it out of the library on July 19th. The author makes the point that it's not just sleep that people are missing out on but also *rest*. After a chapter on sleep, he goes on to discuss four kinds of active rest--physical, mental, social, and spiritual. I thought I would try some of the author's techniques, which is why I kept the book so long, but then I realized I was deluding myself. Sleep is the issue I struggle with, and rest is really not a problem. I already carry out the forms of social rest he discusses, to the point that sometimes *other* parts of my life suffer at the expense of my social life. And I have my own forms of spiritual rest, which I carry out regularly. That leaves physical and mental rest, and these techniques, particularly the mental ones--self-hypnosis, focusing the eye, walking to music, ear popping--really didn't appeal to me.

