

SANTASADŌ

Floris Wouterson - Super Sleep, revised edition

Practical Lifestyle-Principles for Your Best Sleep Ever

HEALTH | LIFESTYLE | PERSONAL DEVELOPMENT



Sleep is fundamental for excellent achievements, it is more important than food and exercise combined. If you have a demanding job, if you are an entrepreneur, if you work nightshifts, or if you are a professional athlete, than sleep is essential. Without a good night you will make rash decisions, increase the chance of making mistakes at work, be more prone to car accidents, and have a forty percent higher chance of (sports) injuries.

If you identify sleeping problems in advance you can prevent (long-term) absence. Good sleep is the key factor for quicker recovery, agile employees, and increased happiness at work. One bad night is not a problem, but long-term sleeping problems increase your chances of a burnout or prediabetes. Stressed out, having difficulty falling asleep, waking up in a broken condition? Then this is the book for you!

Super Sleep offers a method without radical change but small steps that have great effects. Become a Super Sleeper and discover:

- What the worst sleeping position is and how you can unlearn it immediately
- What the Rock-Around-the-Clock-system is for when you work irregular shifts
- How you sleep much better with the right nutrition
- How to increase your energy with the Ultimate Powernap Formula
- How professional athletes drastically improve their performance with sleep

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- English and Dutch editions published by Van Duuren Media

ABOUT THE AUTHOR



Floris Wouterson is Sleep Performance Coach and helps companies, entrepreneurs, and people with demanding jobs to drastically improve their performance with sleep. His motto is: Change a little, change a lot every day.

RECOMMENDATIONS

‘What makes this book even more useful is that Wouterson quickly introduces the methods to achieve deep and restorative sleep.’ — **NRC Handelsblad**

‘I know from experience how important sleep and recovery are. This book shows a fun and accessible way to improve your performance drastically with sleep and recovery. I recommend the tips from the revised edition.’ — **Mark Tuitert**, Olympic ice skating Champion, speaker and author

‘*Super Sleep* offers a refreshing perspective on sleep and how to optimize it. Written in a practical manner, yet it reads like a novel.’ — Prof. **Johan Verbraecken**, Academic Hospital Antwerp Sleep Center Medical Coordinator

‘Floris is not just the Dutch Matthew Walker, he explains things even better, preventing that you fall asleep whilst reading. A reissue well-worth reading and an eyeopener for me as I have always underestimated the power of sleep.’ — **Giel Beelen**, national radio dj and entrepreneur

‘We at AZ Football Club believe in the power of sleep because good training depends on good recovery. We use *Super Sleep* in our top sport development program to inform our athletes on this important aspect for continuous performance and development at a high level.’ — **Bart Heuvingh**, top sport coach at AZ Football Club and author

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