

## Chapter 1 : Be the Boss of Your Sleep | Silvereye

*Be the Boss of Your Sleep speaks to kids ages 8 and up with this message: If sleep troubles are making you feel lousy, you can do things to get your body, mind, and spirit working together to get back to feeling your best.*

This story was originally published on July 24, When was the last time you got at least seven hours of sleep? That could be a problem. And your boss could offer a solution. Executive Brief You want a well-rested workforce: Under-slept employees can be less productive, creative and resourceful They can also be more deviant and unethical Workers not getting enough sleep also tend to take more sick days and have higher health care costs Routinely getting less than seven to nine hours of sleep a night hurts workplace performance, according to Matthew Walker, professor of neuroscience and psychology at the University of California, Berkeley and author of "Why We Sleep. It is a fallacy," he said. Under-slept employees those who get less than six hours can be less productive, creative and resourceful. Read More They can also be more deviant and unethical. Underslept workers are also costly. They take an average of Sleep audit Knowing your sleep needs and being able to change your habits to improve sleep can help you become a more productive worker. For instance, are you a morning lark or night owl? The Universal Sleep Audit is a digital sleeping mapping system that asks users a series of questions and then provides personalized results and suggestions on how to improve their sleep. The questionnaire takes less than 10 minutes to complete and the data is anonymous. It includes tips like ideal bed times, when to stop drinking caffeine and the best time to schedule meetings. Companies are adding nap rooms or napping pods to their offices to give workers a space to recharge. The room includes a futon and blanket. There is a minute limit. Track and reward programs When it comes to changing the mindset around sleep, incentives are effective. The simple truth is less sleep does not equal more productivity. All they have to do is enter how many hours of shuteye they got the night before. The company also recently opened up The Dreamery in Manhattan. The sheets are changed after each user, and the space is designed for napping. The goal is to bring the concept to company campuses. Everyone wears slippers so there is no inside noise.

## Chapter 2 : Be the Boss of Your Stress: Self-care for Kids by Timothy Culbert

*Be the Boss of Your Sleep is a recipient of the prestigious Mom's Choice Award. The Mom's Choice Awards honors excellence in family-friendly media, products and services. An esteemed panel of judges includes education, media and other experts as well as parents, children, librarians, performing artists, producers, medical and business.*

## Chapter 3 : Be the Boss of Your Sleep : Rebecca Kajander :

*Be the Boss of Your Sleep speaks to kids ages 8 and up with this message: If sleep troubles are making you feel lousy, you can do things to get your body, mind, and spirit working together to get back to feeling your best. When you eat well and get enough exercise, think positively and believe you.*

## Chapter 4 : Be the Boss of Your Sleep

*"Be the Boss of Your Sleep "speaks to kids ages 8 and up with this message: If sleep troubles are making you feel lousy, you can do things to get your body, mind, and spirit working together to get back to feeling your best.*

## Chapter 5 : Napping on the job? Your boss may be OK with that - CNN

*Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.*

### Chapter 6 : Be the Boss of Your Sleep: Self-Care for Kids (Be the Boss of Your Body Series) | Bookshare

*Kids learn to control sleep problems that can leave them feeling drowsy and miserable during the day. Self-care techniques help them fall asleep faster, stay asleep, and deal with fears and discomfort so they can feel well-rested and energized every day.*

### Chapter 7 : Used Be the Boss of Your Sleep: Self-Care for Kids (Be the Boss of Your Body) on OnBuy

*Be the Boss of Your Sleep: Self-Care for Kids (Be the Boss of Your Body) by Kajander, Rebecca, View more details.*

### Chapter 8 : Episode 8: Fire the Boss at Bedtime

*Along with the Boss of My Sleep Book for children, Dr Blunden has authored 'How To Use The Boss Of My Sleep Book' as a guideline for parents. The guidebook includes step by step procedures and information on the psychological methods used in the child's book, among other resources.*

### Chapter 9 : calendrierdelascience.com: Customer reviews: Be the Boss of Your Sleep (Be The Boss Of Yo

*If you aren't getting the recommended seven to nine hours of sleep a night, you might be making it harder on yourself to be the boss of your mood. Try making quality sleep a priority (you can even enlist your smartphone on this quest) so that you're at your best when life throws stressful moments your way.*