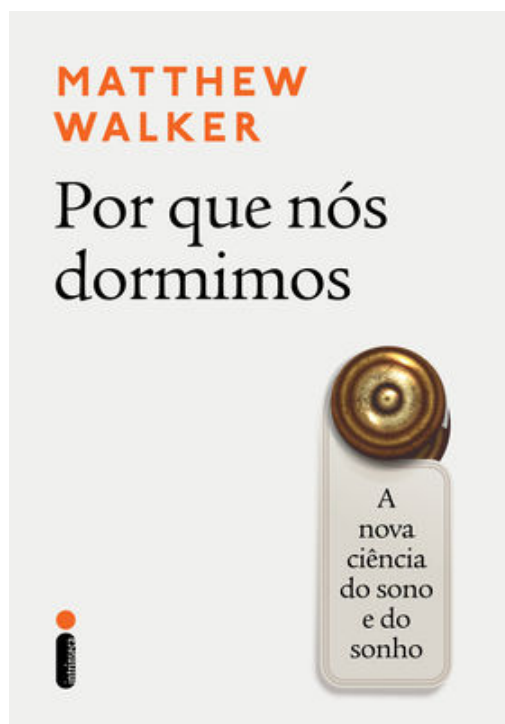


Por que nós dormimos Baixar (PDF or ePub) Matthew Walker GRATIS



Como o sono pode melhorar nossa saúde, ajudar nos relacionamentos e nos fazer produzir e aprender mais

Até pouco tempo atrás, a ciência não tinha resposta para a questão “por que nós dormimos”. Não se sabia qual era o benefício do sono ou por que sofreremos consequências devastadoras na saúde quando privados de horas dormidas.

Em *Por que nós dormimos*, o renomado neurocientista e especialista em sono Matthew Walker oferece um estudo revolucionário sobre como o sono afeta cada aspecto do nosso bem-estar físico e mental. Utilizando-se de recentes avanços científicos e décadas de pesquisa e prática clínica, Walker explica como podemos aproveitar o sono para melhorar o aprendizado, o humor e os níveis de energia, regular hormônios, prevenir câncer, Alzheimer e diabetes, retardar os efeitos do envelhecimento e aumentar a longevidade.

Fascinante e acessível, *Por que nós dormimos* tem prefácio do neurocientista Sidarta Ribeiro, maior especialista em sono no Brasil, professor titular do Instituto do Cérebro, na

Universidade Federal do Rio Grande do Norte. Uma excelente análise da importância do sono e dos sonhos, a obra examina transtornos como a insônia e os malefícios do uso de remédios para dormir, além de oferecer alternativas não medicamentosas para a falta de sono e valiosas dicas práticas para dormirmos bem todas as noites.

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Top 15 Melhores Bri Livros [FREE]:

[PDF] Furacão Anitta



<http://new.beebok.info/br-1453894390/furacao-anitta.html>

Desde que deixou o Brasil inteiro babando com o Show das Poderosas, Anitta se tornou uma obsessão nacional. Seus clipes quebram a internet, jovens descolados copiam seu estilo e seus passos são seguidos por milhões de fãs, ávidos por qualquer...

[PDF] A sutil arte de ligar o f*da-se



<http://new.beebok.info/br-1293280123/a-sutil-arte-de-ligar-o-f-da-se.html>

Chega de tentar buscar um sucesso que só existe na sua cabeça. Chega de se torturar para pensar positivo enquanto sua vida vai ladeira abaixo. Chega de se sentir inferior por não ver o lado bom de estar no fundo do poço. Coaching, autoajuda, desenvolvimento pessoal,...

[PDF] O milagre da manhã



<http://new.beebok.info/br-1155673257/o-milagre-da-manha.html>

Conheça o método simples e eficaz que vai proporcionar a vida dos sonhos — antes das 8 horas da manhã! Hal Elrod explica os benefícios de acordar cedo e desenvolver todo o nosso potencial e as nossas habilidades . O milagre da manhã permite que o leitor...

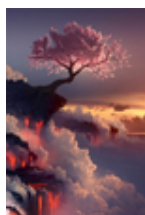
[PDF] The Seven Deadly Sins Capítulo 304



<http://new.beebok.info/br-1456825064/the-seven-deadly-sins-capitulo-304.html>

A Guerra Santa está sugando as energias dos nossos bravos guerreiros. Enquanto uns lutam com os espíritos no Purgatório, outros travam uma dura batalha para proteger o mundo real. Será que nossos heróis vão conseguir salvar Meliodas e Elizabeth? Confira...

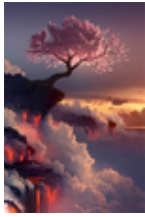
[PDF] Immortal path(2)



<http://new.beebok.info/br-1457102310/immortal-path-2.html>

As usual, he walked up the mountain road, but today he felt a little sad, because he had gone three places where the golden thread red lotus fruit had grown in the past, but he had not found it at all. What made him most uncomfortable was that in the third place, the golden thread red lotus fruit...

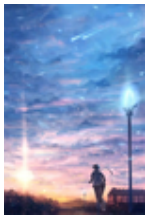
[PDF] Immortal path(1)



<http://new.beebok.info/br-1457101029/immortal-path-1.html>

As usual, he walked up the mountain road, but today he felt a little sad, because he had gone three places where the golden thread red lotus fruit had grown in the past, but he had not found it at all. What made him most uncomfortable was that in the third place, the golden thread red lotus fruit...

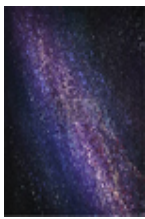
[PDF] After the Boulevard(1)



<http://new.beebok.info/br-1457090236/after-the-boulevard-1.html>

In a twinkling of an eye, the woman in the palace costume built about two or three thousand people. She threw the fine whip in her hand at the ground and pointed at the big tripod. The big tripod stopped. The woman in the palace costume stretched out her right hand, and the small tripod flew into...

[PDF] Supreme way(2)



<http://new.beebok.info/br-1456882372/supreme-way-2.html>

Up to today, I was struck by lightning and talked with him for some time. From him, I learned a lot of unknown things. For example, there are so-called genuine practitioners, vampires and other things on earth

[PDF] Nine world rebirth(2)



<http://new.beebok.info/br-1456834469/nine-world-rebirth-2.html>

Old Jade Emperor is good at everything, but he loves face too much. The monkeys have done so, he naturally can not bear to go on, immediately called Tianbing Tianjun, went to the lower bounds to catch monkeys.

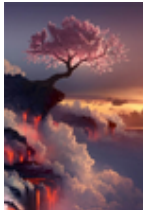
[PDF] Monastic career(1)



<http://new.beebok.info/br-1456916010/monastic-career-1.html>

When I had the strength to move, I immediately turned up the pillow and wanted to take out the small flag, because I had the same dream for several days, except for the first time there was thunder and lightning, but only a flag appeared in my dreams in other nights, and the flag was very familiar...

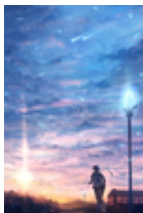
[PDF] Immortal path(3)



<http://new.beebok.info/br-1457104109/immortal-path-3.html>

As usual, he walked up the mountain road, but today he felt a little sad, because he had gone three places where the golden thread red lotus fruit had grown in the past, but he had not found it at all. What made him most uncomfortable was that in the third place, the golden thread red lotus fruit...

[PDF] After the Boulevard(2)



<http://new.beebok.info/br-1457097977/after-the-boulevard-2.html>

In a twinkling of an eye, the woman in the palace costume built about two or three thousand people. She threw the fine whip in her hand at the ground and pointed at the big tripod. The big tripod stopped. The woman in the palace costume stretched out her right hand, and the small tripod flew into...

[PDF] All walks of life(3)



<http://new.beebok.info/br-1456957484/all-walks-of-life-3.html>

Torrential winds and rainstorms swept across the sky and earth. Bean-sized raindrops were pounding down densely. A layer of shallow rainwater had already accumulated and splashed small flowers on the ground. A few feet away, it was a vast expanse of white and could not see anything clearly.

[PDF] Flood bandit two



<http://new.beebok.info/br-1456956846/flood-bandit-two.html>

Among the chaos, there is a chaos, which can be divided from top to bottom, from left to right, and from all over the world. Only the water, fire and wind rage in this chaos. I don't know how long it took to suppress chaos. These are chaos jewels and thirty-six chaotic green lotuses, and some...

[PDF] Monastic career(3)



<http://new.beebok.info/br-1456938217/monastic-career-3.html>

When I had the strength to move, I immediately turned up the pillow and wanted to take out the small flag, because I had the same dream for several days, except for the first time there was thunder and lightning, but only a flag appeared in my dreams in other nights, and the flag was very familiar...
