

## The Sleep Revolution Arianna Huffington

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### The Sleep Revolution Arianna Huffington

In The Sleep Revolution, Arianna Huffington exposes the dangers of our modern-day attitude towards sleep and advocates for a renewed emphasis on the importance of sleep to our well-being. It is nothing short of a call to arms for policy makers, CEOs, parents, educators, hospital administrators, and coaches to confront the fact that insufficient ...

### The Sleep Revolution | Arianna Huffington

Arianna Stassinopoulos Huffington (born Ariadnē-Anna Stasinopoúlou, Greek: Αριάδνη-Άννα Στασινοπούλου Greek pronunciation: [ari'aðni 'ana stasino'pulu]; on July 15, 1950) is a Greek-American author, syndicated columnist, and businesswoman. She is a co-founder of The Huffington Post, the founder and CEO of Thrive Global, and the author of fifteen books.

### Arianna Huffington - Wikipedia

Arianna Huffington, née Ariadni-Άννα Stasinopoúlou (en grec moderne : Αριάδνη-Άννα Στασινοπούλου) le 5 juillet 1950 à Athènes, est une éditorialiste et femme politique gréco-américaine. Elle a cofondé en mai 2005 le site d'actualités politiques The Huffington Post [1], dont elle a été la rédactrice en chef jusqu'au 11 août 2016 [2]

### Arianna Huffington — Wikipédia

In this short talk, Arianna Huffington shares a small idea that can awaken much bigger ones: the power of a good night's sleep. Instead of bragging about our sleep deficits, she urges us to shut our eyes and see the big picture: We can sleep our way to increased productivity and happiness -- and smarter decision-making.

### sleep | Search Results | TED

Arianna Huffington. Arianna is a co-founder of The Huffington Post , author of the recent New York Times best-seller The Sleep Revolution and stepped down as Editor-in-Chief of The Huffington Post to pursue her new wellness startup, Thrive Global, which will offer wellness trainings and workshops on stress reduction.

### 60 Entrepreneurs Share Best Business Advice & Success Tips

— Arianna Huffington, The Sleep Revolution. What Is Phase Change Material and How Does It Improve My Sleep? Read More. The Real Difference Between Mattress Profiles + What's Best for Me Read More. How to Find the Right Frame for My New Mattress Read More. Retailer Inquiries.

### Wellsville

The pandemic is still blurring the lines between work and life. This expert wisdom on managing the stress is worth a read.

### Wellness - HuffPost

This technological revolution brings with it many obvious benefits. Colleagues can easily communicate across geographies, simultaneously reducing expenses, environmental damage, and bodily wear-and-tear. ... Poor sleep: Addiction to ... Arianna Huffington, ...

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