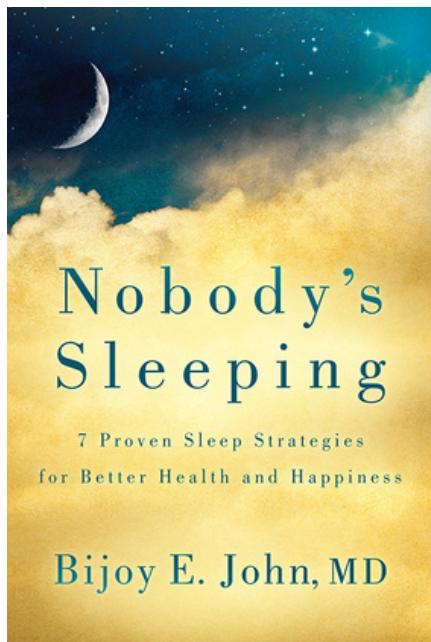


"Transform your sleep patterns, and in doing so, transform your life."



NOBODY'S SLEEPING

7 PROVEN SLEEP STRATEGIES FOR BETTER
HEALTH AND HAPPINESS

By: Bijoy E. John, MD

We spend a third of our lives in bed. Doesn't it make sense to ensure that our sleep is as deep and nourishing as possible?

In *Nobody's Sleeping*, Dr. Bijoy John illuminates the intricacies of this vital, yet often under-appreciated, state of rest. Whether one needs minor adjustments to their sleep habits or a complete overhaul, *Nobody's Sleeping* offers a comprehensive step-by-step guide.

A night of restful sleep can lead to increased productivity, energy, and happiness. Good sleep, akin to a healthy lifestyle, should be a shared goal within a family. When a child doesn't sleep well, neither do the parents. Dr. John addresses both general and age-specific sleep challenges to improve sleep for the entire family.

Pivoting from the temporary solutions offered by sleeping pills, Dr. John champions a lasting, holistic approach to overcoming sleep obstacles. Within these pages, he empowers individuals with proven strategies to fall asleep quickly, maintain a deep sleep, and wake up feeling fully rejuvenated.

Transform your sleep patterns, and in doing so, transform your life.



ABOUT THE AUTHOR

Bijoy E. John, MD, is a board-certified physician and practicing sleep specialist currently in private practice with over 25 years of experience in Pulmonary/Critical Care and Sleep Medicine. Based in Nashville, TN, he treats both children and adults with various sleep disorders. Dr. John is the founder and medical director of Sleep Wellness Clinics of America which offers in-person and online consultation, education, modern diagnostic modalities, home testing, and comprehensive treatment for a full spectrum of sleep disorders.

He also is the founder of Sleep Fix Academy which offers online courses, podcasts, and other resources to improve sleep quality, and serves as an Affiliate Assistant Professor at the University of Tennessee Health Science Center College of Medicine.

Dr. John is a member of the American Academy of Chest Physicians, American Medical Association, and American Academy of Sleep Medicine. He was recognized as one of the Top 100 Physicians in Nashville for 2022 by My Nashville magazine. Additionally, he received the Top Sleep Specialist award consecutively from 2015–2020 from Nashville Lifestyle magazine, as voted by his peers and patients. He is also mentioned in Marquis Who's Who as one of the Top Sleep Physicians for 2023-24.

Dr. John has been happily married to Dotty for 30 years and is the proud father of two grown children. He enjoys maintaining his coral reef aquarium, playing ping pong, tennis, golf, and loves to travel.

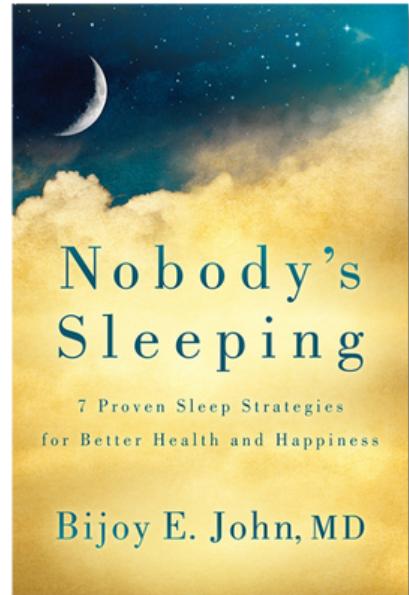


TALKING POINTS



Sleep Fix Academy

- Dr. John's 7 sleep strategies for finding "joy" with sleep
- The Sleep-Deprived Epidemic that no one is talking about
- Why our society undervalues sleep, the potential societal consequences, and the positive changes that adopting healthier sleep habits could bring (Dr. John calls it the new pandemic.)
- What a bedtime routine that promotes better sleep should look like
- Why you should not rely on sleeping pills for a good night's sleep and holistic strategies to adopt instead
- How quality sleep leads to increased productivity, energy, and overall happiness, as well as mental well-being, stress reduction, and emotional resilience
- The importance of a collective family effort toward better sleep and how to improve sleep for each age
- The neurological and physiological processes that occur during sleep and how understanding these can lead to improved sleep quality
- The consequences that not sleeping has on our mental health
- The various sleep issues that are unique in the teenage age group and how to identify and rectify them
- The sleep issues that are most prevalent in women, how to identify them, and how to solve their problems
- The effects of sleeping and gaining weight, how and why it affects our body
- How Dr. John strategized the screening tools for sleep issues in athletes and timing of workout regimens
- How Dr. John addressed the third quarter slump in the NFL after he saw his home team consistently performing poorly in the third quarter since they started most of their games at noon



INTERVIEW QUESTIONS

- After studying sleep for 25 years, what led you to write this book at this point in time?
- Why do you believe sleep is so vital to our existence?
- What is the potential harm poor sleep can cause?
- What are the most common sleep disorders that you see in your practice?
- Why do I feel sleepy at certain times of the day and how should I build my schedule around those times?
- Is snoring really that big of a deal or should I be concerned that something is wrong?
- Why are some folks called night owls and others, larks?
- What is the connection between poor sleep and weight gain?
- How does poor sleep specifically impact mental health?
- How does good sleep contribute to our success in life?