



Susan Bauerfeld, PhD

## Skills for a Calm, Capable and Connected Life

Dear Susan,

Hello! It's been a while since my last newsletter. Time flies when you are busy and we all seem to get busier and busier! I hope you can squeeze time out of your busy lives to attend one of my upcoming talks - see info in the box on the right. With busy lives in mind I also wanted to share the following from my recent reading about the vital importance and benefits of getting enough sleep.

"Amazing Breakthrough! Scientists have discovered a revolutionary new treatment that makes you live longer. It enhances your memory and makes you more creative. It makes you look more attractive. It keeps you slim and lowers food cravings. It protects you from cancer and dementia. It wards off colds and the flu. It lowers your risk of heart attacks and stroke, not to mention diabetes. You'll even feel happier, less depressed, and less anxious. Are you interested?"

This quote appears on page 107 of Matthew Walker's new book titled [Why We Sleep: Unlocking the Power of Sleep and Dreams](#). The "revolutionary new treatment" referenced is, in fact, SLEEP and all of the claims cited have robust research findings to back them up. I highly recommend the book. For an NPR podcast with the author click the following link <https://www.npr.org/sections/health-shots/2017/10/16/558058812/sleep-scientist-warns-against-walking-through-life-in-an-underslept-state>.

I quote the author's conclusion below. I believe it speaks for itself. I hope it will inspire you to add more sleep to your, and your family's, daily routine. Although it's a challenge I encourage you to take charge and step toward it. The results will be worth it! And, if the task proves unduly challenging I encourage you to seek some help and support around the issues preventing you (and your family) from getting enough sleep.

Hang in there!  
Susan Bauerfeld, PhD

### *To Sleep or Not to Sleep*

Within the space of a mere hundred years, human beings have abandoned their biologically mandated need for adequate sleep - one that evolution spent 3,400,000 years perfecting in service of life-support functions. As a result, the decimation of sleep throughout industrialized nations is having a catastrophic impact on our health, our life expectancy, our safety, our productivity, and the education of our children.

This silent sleep loss epidemic is the greatest public health challenge we face in the twenty-first century in developed nations. If we wish to avoid the suffocating noose of sleep neglect, the premature death it inflicts, and the sickening health it invites, a radical shift in our personal, cultural, professional, and societal appreciation of sleep must occur.

I believe it is time for us to reclaim our right to a full night of sleep, without embarrassment or the damaging stigma of laziness. In doing so, we can be reunited with that most powerful elixir of wellness and vitality, dispensed through every conceivable biological pathway. Then we may remember what it feels like to be truly awake during the day, infused with the very deepest plenitude of being.

Matthew Walker, PhD  
[Why We Sleep: Unlocking the Power of Sleep and Dreams](#), (2017), Simon & Schuster, NY, pg. 340.



Susan Bauerfeld, PhD is a licensed clinical psychologist, ADHD coach and parent consultant. [Visit her website for more information.](#)

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### *Upcoming Workshops and Presentations*

[Worried about your Child's Worry](#)  
Tuesday, Feb 6, 2018 6:30-8:15 pm  
Norwalk Public Library, SoNo Branch  
Free - Registration recommended

[Managing the Impact of Digital Devices and Content](#)  
Tuesday, March 20, 2018  
10-11:30 am Wilton Library  
AND/OR  
7-8:30 pm [Weston Library](#)  
Free - Registration recommended

Follow-up session  
Tuesday, April 24 10-11:30 am  
Wilton Library  
Free -Registration recommended

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