

For the twenty-five million Americans who struggle with insomnia, each night feels like a battle with their racing minds instead of a blissful surrender into sleep. Hello Sleep is a guide for the perpetually tired who just want sleep to be easy again. Dr. Jade Wu, an internationally recognized behavioral sleep medicine specialist, walks you through the science of how the brain sleeps (or doesn't); shares stories from the clinic of real people's journeys to better sleep; and lays out a step-by-step program for overcoming insomnia and letting go of sleeping pills. Using her years of clinical expertise, she problem-solves your common pitfalls, soothes your anxieties, and tailors recommendations for your special sleep circumstances (e.g., pregnancy, menopause, chronic pain, depression, etc.).

Hello Sleep empowers the sleepless with the latest knowledge and most effective tools, allowing them to trust themselves and their own sleep again. It will answer these burning questions and more:

- Why can't I fall asleep even though I'm tired? How can I quiet my mind?
- What should I do when I wake up at 2:00 A.M. and can't get back to sleep?
- Should I nap? What can I do about my fatigue during the day?
- How do I get off sleep medications safely and without rebound insomnia?

**JADE WU, PhD, DBSM**, is a boardcertified behavioral sleep medicine specialist and researcher at Duke University School of Medicine. She is a frequent guest on platforms like NPR and ABC, and her work has been featured in the New York Times and HuffPost. Napping is her love language.

READ BY SUSANNAH MARS



Running Time: Approx. 10 Hours • Unabridged

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LIGHT

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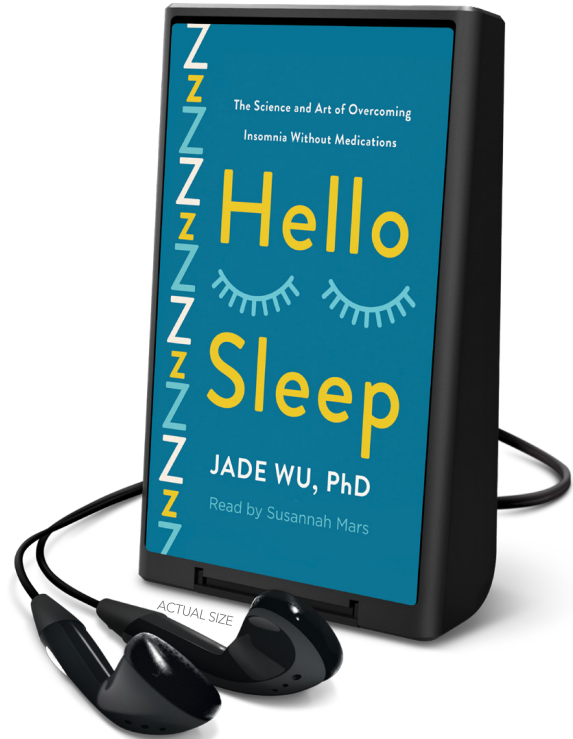
Hello Sleep



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