

If there's anything worse than not getting sleep, it's lying awake with a scare-face staring at the ceiling worrying about it. Here's Romiszewski's—a sleep physiologist and founder of the UK's Sleepyhead Clinics—promise: "This book is your guide to liberating yourself from the endless cycle of sleep anxiety and obsession. By the end, you'll have regained control—not through perfection, but by letting go of the need to constantly manage your sleep. Sleep will start working for you, not as something to fear or fix, but as your natural ally. And best of all, it will no longer dominate your thoughts."

Think Less, Sleep More is a sensible take on sleep with some informed twists to current accepted dogma, such as that we all need more sleep and that segmented sleep—aka waking up in the middle of the night—is a killer. It's a health and wellness sigh-of-relief book: There are some readjustments to make, both mental and physical, but a key takeaway is that whatever you're doing now is probably better than you think.

Among other insights, Romiszewski reveals:

- The importance of a consistent waketime rather than a rigid bedtime
- How to trust your body's natural sleep drive and rhythms
- That "bad" nights don't have to ruin the next day, nor, necessarily, your health, and that variability is normal
- That sleep isn't fragile—it's adaptable, resilient, and smarter than any hack you could throw at it
- The myth of eight hours
- The power of light

For an audience who found Matthew Walker's *Why We Sleep* a bit daunting, Romiszewski's is the sensible, seasoned, calming voice you want to think of at 3 am.

STEPHANIE ROMISZEWSKI is a leading sleep physiologist, and the founder of the UK's Sleepyhead Clinic. She holds a BSc (Hons) in Psychology from the University of Surrey and an MSc in Behavioral Sleep Medicine from the University of Glasgow. Stephanie has worked in chronobiology and contributed to sleep research at Harvard Medical School and at Brigham and Women's Hospital, Harvard Medical School's second-largest teaching hospital. She lives in Exeter, UK.

READ BY THE AUTHOR



Runtime: 5h. 44m. • Unabridged

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AUDIO

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From Panic & Perfectionism to Stress-free Sleep

Stephanie
Romiszewski

Adult



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