**Wellbeing with Waterstones**

This month’s wellbeing book recommendations from Waterstones on Market Street are:

**Why We Sleep by Matthew Walker**
In one of the bestselling books of the past year, not only does leading neuroscientist, Professor Matthew Walker explain the science behind sleep, he also looks at how our lifestyles increasingly affect our sleep patterns and how that, in turn, can have an enormously detrimental affect on our health and general wellbeing.

**Sleep by Nick Littlehales**
Dr Nick Littlehales, a sleep coach to various elite sportspeople, offers advice on how to derive maximum benefit from sleep. With guidance on everything from finding the optimum room temperature to choosing the most appropriate bedding, this is a handy practical guide to getting a good night’s sleep.

**The Sleep Book by Guy Meadows**
Using a blend of mindfulness and acceptance and commitment therapy, Dr Guy Meadows has devised a unique five-week plan that, step-by-step, aims to cure sleep problems from restless nights to prolonged insomnia.

All University of St Andrews staff receive a 10% discount in the St Andrews branch - just show your staff pass.