

**Sleeping With Your Smartphone: How To Break The
24/7 Habit And Change The Way You Work By Leslie
A. Perlow (May 8 2012)**

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Leslie Perlow is the Konosuke Matsushita Professor of Sleeping with Your Smartphone: How to Break the 24/7 Habit and Change the Way You Work by Leslie A

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2012 vol. 5.03 Leslie Perlow on Sleeping with Your Smartphone BY DAVID CREELMAN Harvard s Leslie Perlow has spent years researching the human side of business issues.

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Leslie A. Perlow is the Konosuke Matsushita Professor of Leadership at Harvard Business School. She is the author of Sleeping With Your Smartphone (HBR Press, 2012).

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