

The sleep instinct

Sleep Instinct

Andrew Green, Cary Brown



Sleep Instinct:

The Sleep Instinct Ray Meddis, 2017-09-07 Most of us believe that we sleep in order to rest our tired bodies and minds Originally published in 1977 this centuries old common sense view is challenged by Ray Meddis who describes and argues for a controversial new theory of the nature and function of sleep The theory seeks to replace the old view with the idea that sleep may no longer serve any important function in modern man Whereas the sleep instinct helps animals to survive by driving them to hide away for as long as possible each day this is no longer a valuable asset in civilised surroundings Nevertheless as the author explains we still feel driven by a primeval urge beyond conscious control to crawl away every evening to the security of our beds to wait out the dangerous hours of darkness which were such a threat to our ancestors Contrary to contemporary wisdom he also argues that dreaming is a primitive and particularly valueless kind of sleep a crude a dangerous heritage from our reptilian ancestors which is kept to a bare minimum in most adult warm blooded creatures Ray Meddis writes in a non technical style and succeeds admirably in making the science of sleep and intensive research studies on sleep accessible and even exciting for the general reader as well as for the scientist He shows that not everyone is bound by a felt need for sleep in fact some human beings discussed at length in the book thrive on less than two hours sleep a night without any ill effects The implications of the research described are little short of sensational in particular Dr Meddis believes that it is well within the bounds of possibility that future research will show us how changes can be brought about in normal people to free them from the bondage of their sleep instincts This new perspective also leads directly into a radical reappraisal of the nature of insomnia and new possibilities for treatment

Instincts Norris Peery, 2003-07 This book is the third in my series of four books dealing with Intelligence Instincts and Consciousness The simple and truthful realization of what we are and how we got to where we are within nature's world is the ultimate truth that any philosophy could ever propose to know It is ultimately the most powerful state that any human mind can ever attain It is a true kind of nirvana It is with this knowing state of mind that we can make ever new beginnings and provide for a future where our chances are best for surviving whatever random hells that nature will with great certainty rise up against us The fact that we might have to eventually face up to what we are as completely definable creatures in terms of a very complex organization of billions of very simple structures is not in anyway whatsoever a degradation of the truth of our humanity Understanding what we are has led us to realize both the miraculous and morally good achievements of our kind and also to an understanding of the basic nature of our more hidden ugly and evil actions

Instincts by Design Ernest Howard Callahan, 2023-09-12 Inside *Instincts by Design* you will discover scientific mysteries of human and animal bodies only creation can explain This fascinating full color book explores the instincts that are necessary for life helpful for growth and necessary for protection *Instincts by Design* will keep readers captivated with answers to questions like these How does a baby know when to inhale and exhale How does a mother's milk change to meet the needs of her baby Why is the instinct to sleep one that we cannot

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Intelligence and Instincts Norris Ray Peery,2002-08-20 A journey through the forest that composes the inner self Daring forbidden insights that cut to the bone of truth of what we are how we are and why we are what we are We are covered by The Thin Skin of Civilization but here is revealed what lies beneath that skin An Occupational Therapist's Guide to Sleep and Sleep Problems Andrew Green,Cary Brown,2015-02-21 Written by and for occupational therapists this comprehensive book is the ultimate guide to sleep and sleep disorders With detailed explanations of sleep theory and research and recommendations for interventions this book contains everything that occupational therapists need to know for effective treatment for patients with sleep problems *Sleep, Dreams, and Arousal* Edward J. Murray,1965 *The Journal of Neurology and Psychopathology* ,1928 *Report of the Board of Regents* Smithsonian Institution. Board of Regents,1912 Reports for 1884 1886 87 issued in 2 pts pt 2 being the Report of the National Museum *Weekly World News* ,1999-10-05 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site

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