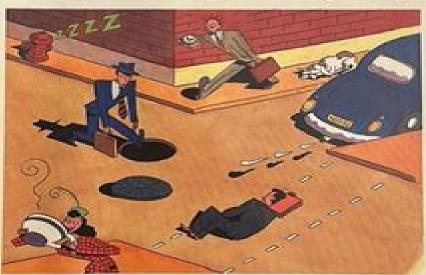
# Sleep Thieves

An Eye-opening Exploration Into the Science & Mysteries of Sleep



## STANLEY COREN

Author of the Best-Selling The Intelligence of Dogs

### **Sleep Thieves**

Jean-Pierre Changeux, Gerald M. Edelman

#### **Sleep Thieves:**

Sleep Thieves Stanley Coren, 2012-12-11 The A to ZZZ of sleep is offered by the bestselling author of The Intelligence of Dogs In an engrossing blend of entertaining anecdotes and scientific data bestselling author Stanley Coren explores the **Sleep Thieves** Stanley Coren,1996 In this examination of the facts and folklore of sleep world of sleep and sleeplessness Stanley Coren provides evidence that we are becoming an increasingly sleep deprived society and that this condition is seriously affecting our work posing a danger to ourselves and to others He argues that the Exxon Valdez oil spill and the space shuttle Challenger disaster were associated with people suffering from sleep deprivation He also looks at some of the more subtle and insidious effects of sleep loss on our physical and mental health Quiet Your Mind and Get to Sleep Colleen E. Carney, Rachel Manber, 2009-12-02 A busy and hectic life can profoundly affect your ability to get a good night s rest And it s even more difficult to feel relaxed when you stay awake worrying that you won t fall asleep This vicious circle can guickly rob you of your quality of life which is why it is so important to seek the most effective treatment for your insomnia This workbook uses cognitive behavior therapy which has been shown to work as well as sleep medications and produce longer lasting effects Research shows that it also works well for those whose insomnia is experienced in the context of anxiety depression and chronic pain The complete program in Quiet Your Mind and Get to Sleep goes to the root of your insomnia and offers the same techniques used by experienced sleep specialists You ll learn how to optimize your sleep pattern using methods to calm your mind and help you identify sleep thieving behaviors that contribute to insomnia Don t go without rest any longer get started on this program and end your struggles with sleep The Sleep Solution Sam Choo, Are you tired of being tired Do you find yourself tossing and turning at night only to wake up feeling groggy and unrefreshed In today's fast paced world quality sleep often feels like an elusive luxury But it doesn't have to be The Sleep Solution How to Get a Good Night's Sleep is your comprehensive guide to unlocking the secrets of restorative sleep Drawing on cutting edge sleep science and years of expert knowledge this book offers a practical easy to follow roadmap to better nights and more energized days Inside you ll discover Why sleep is the cornerstone of good health and how it affects every aspect of your life How to identify your personal sleep thieves and conquer them once and for all The do s and don ts of sleep hygiene that can transform your nights Strategies for navigating sleep challenges in our 24 7 world including shift work and jet lag How to harness diet exercise and technology to become a sleep superstar Tips for creating your perfect sleep sanctuary Whether you re a chronic insomniac or simply looking to improve your sleep quality this book has something for you With its blend of scientific insights and actionable advice The Sleep Solution empowers you to take control of your sleep and by extension your life Don t spend another night counting sheep Your journey to blissful rejuvenating sleep starts here Sweet dreams await

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in the human brain In the concluding essay Andy Clark points to recent work in neuroscience robotics and psychology that stresses the unexpected intimacy of brain body and world supporting his belief that the mind is best understood as a brain at home in its proper bodily cultural and environmental niche The breadth and scope of subjects covered in this volume attest to the extraordinary progress taking place in the study of the brain This brilliant collection of essays by those at the forefront of research in this area will be of interest to all those interested in human behavior Gerald M Edelman is director of the Neurosciences Institute and chairman of the Department of Neurobiology at the Scripps Research Institute Jean Pierre Changeux is professor at the Collbge de France and the Institute Pasteur

Living with Insomnia Phyllis L. Brodsky, Allen Brodsky, 2014-01-10 Insomnia is a sleep disorder that affects people worldwide This text provides those with sleep problems or chronic insomnia an overview of research on the causes of sleep loss and the physical effects of insomnia as well as possible treatments Disorders are summarized and illustrated with real life stories about sleep experiences and remedies This is a concise guide to help readers improve their sleep habits and lives

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