

with a new preface

SLEEP DEMONS



*an
insomniac's
memoir*

BILL HAYES

author of *The Nightstand* and *Summer City*

Sleep Demons An Insomniacs Memoir

Sondra Kornblatt



Sleep Demons An Insomniacs Memoir:

Sleep Demons Bill Hayes, 2018-03-07 A lovely weave of memory and science great characters and compassionate humor from the author of *Sweat A History of Exercise* Anne Lamott We often think of sleep as mere stasis a pause button we press at the end of each day Yet sleep is full of untold mysteries eluding us when we seek it too fervently throwing us into surreal dream worlds when we don't sometimes even possessing our bodies so that they walk and talk without our conscious volition Delving into the mysteries of his own sleep patterns Bill Hayes marvels I have come to see that sleep itself tells a story An acclaimed journalist and memoirist and partner of the late neurologist Oliver Sacks Hayes has been plagued by insomnia his entire life The science and mythology of sleep and sleeplessness form the backbone to Hayes's narrative of his personal battles with sleep and how they colored his waking life as he threads stories of fugitive sleep through memories of growing up in the closet coming out to his Irish Catholic family watching his friends fall ill during the early years of the AIDS crisis in San Francisco and finding a lover An erudite blend of science and personal narrative *Sleep Demons* offers a poignant introduction to the topics for which Hayes has since become famous including art eros city life the history of medical science and queer identity This intimate and beautifully written book brings scientific research alive in a heartfelt and deeply personal narrative The Guardian Memoir history and science come together and apart again in a book that reads very much like a dream Out magazine

It Is Beautiful--Then Gone Martin Venezky, 2007-08-30 Available now in a paperback edition *It Is Beautiful Then Gone* presents the celebrated graphic design work of Martin Venezky This unconventional monograph includes both influential commercial work for the Sundance Film Festival Reebok and Speak and Open magazines among others It also features new graphic work created for the book by this champion of the handmade and the unexpected

Five Quarts Bill B. Hayes, 2006-02-14 This beguiling brew of fascinating scientific facts and illuminating poignant anecdotes makes *Five Quarts* something like blood itself vital and pulsing with energy Entertainment Weekly From ancient Rome where gladiators drank the blood of vanquished foes to gain strength and courage to modern day laboratories where machines test blood for diseases and scientists search for elusive cures Bill Hayes takes us on a whirlwind journey through history literature mythology and science by way of the great red river that runs five quarts strong through our bodies Hayes also recounts the impact of the vital fluid in his daily life from growing up in a household of five sisters and their monthly cycles to his enduring partnership with an HIV positive man As much a biography of blood as it is a memoir of how this rich substance has shaped one man's life *Five Quarts* is by turns whimsical and provocative informative and moving

Out, 2001-04 *Out* is a fashion style celebrity and opinion magazine for the modern gay man **Nightmareland** Lex Lonehood Nover, 2019-10-08 From a Coast to Coast AM insider a mind expanding exploration of sleep disorders and unusual dream states the scientific explanations and the paranormal possibilities The sleeping mind is a mysterious backdrop that science is just beginning to shed light on It was only some sixty years ago that researchers discovered REM the rapid eye movement

cycle that's associated with dreams In *Nightmareland* Lex Lonehood Never travels into the eerie borderlands where the unconscious dreams and strange entities intermingle under the cover of night revealing wider and hidden aspects of ourselves from the savage and frightening to the astounding and sublime Encompassing accepted medical phenomena such as sleep paralysis parasomnias and Ambien zombies and the true crime casebook of those who kill while sleepwalking to supernatural elements such as the incubus alien abduction and psychic attacks Never brings readers on an extraordinary journey through history folklore and science to help us understand what happens when we sleep *Wide Awake* Patricia Morrisroe, 2010-05-04 A fourth generation insomniac Patricia Morrisroe decided that the only way she'd ever conquer her lifelong sleep disorder was by becoming an expert on the subject So armed with half a century of personal experience and a journalist's curiosity she set off to explore one of life's greatest mysteries sleep *Wide Awake* is the eye opening account of Morrisroe's quest a compelling memoir that blends science culture and business to tell the story of why she and forty million other Americans can't sleep at night Over the course of three years of research and reporting Morrisroe talks to sleep doctors drug makers psychiatrists anthropologists hypnotherapists wake experts mattress salesmen a magician an astronaut and even a reindeer herder She spends an uncomfortable night wired up in a sleep lab She tries sleep restriction and brain music therapy She buys a high end sound machine custom made ear plugs and a quiet house in the country to escape her noisy neighbors in the city She attends a continuing medical education course in Las Vegas where she discovers that doctors are among the most sleep deprived people in the country She travels to Sonoma California where she attends a Dream Ball costumed as her dream self To fulfill a childhood fantasy she celebrates Christmas Eve two hundred miles north of the Arctic Circle in the famed Icehotel tossing and turning on an ice bed Finally after traveling the globe she finds the answer to her insomnia right around the corner from her apartment in New York City A mesmerizing mix of personal insight science and social observation *Wide Awake* examines the role of sleep in our increasingly hyperactive culture For the millions who suffer from sleepless nights and hazy caffeine filled days this humorous thought provoking and ultimately hopeful book is an essential bedtime companion It does however come with a warning Reading it will promote wakefulness **Insomniac**

Gayle Greene, 2008-03-10 Describes the causes effects treatment options and research in the field of insomnia Sweat Bill Hayes, 2022-01-18 A New Yorker Best Book of the year An Esquire Best Nonfiction Book of 2022 From *Insomniac* City author Bill Hayes who can tackle just about any subject in book form and make you glad he did SF Chronicle a cultural scientific literary and personal history of exercise Exercise is our modern obsession and we have the fancy workout gear and fads from HIIT to spin classes to hot yoga to prove it Exercise a form of physical activity distinct from sports play or athletics was an ancient obsession too but as a chapter in human history it's been largely overlooked In *Sweat* Bill Hayes runs jogs swims spins walks bikes boxes lifts sweats and downward dogs his way through the origins of different forms of exercise chronicling how they have evolved over time dissecting the dynamics of human movement Hippocrates Plato Galen Susan B Anthony Jack

LaLanne and Jane Fonda among many others make appearances in *Sweat* but chief among the historical figures is Girolamo Mercuriale a Renaissance era Italian physician who aimed singlehandedly to revive the ancient Greek art of exercising through his 1569 book *De arte gymnastica*. Though largely forgotten over the past five centuries Mercuriale and his illustrated treatise were pioneering and are brought back to life in the pages of *Sweat*. Hayes ties his own personal experience and ours to the cultural and scientific history of exercise from ancient times to the present day giving us a new way to understand its place in our lives in the 21st century.

How We Live Now Bill Hayes, 2020-08-25 Winner of the New York City Book Award From the beloved author of *Insomniac City* a poignant and profound tribute in stories and images to a city amidst a pandemic When the Covid 19 pandemic hit the United States in March 2020 and New York went into total lockdown writer and photographer Bill Hayes hit the largely deserted streets of Manhattan to try to document through words and photographs how the city was changing virtually overnight *How We Live Now* records those first 100 days of the pandemic in real time a time of both hopefulness and great fear long before we had effective Covid testing and vaccines up to and including the historic Blacks Lives Matter demonstrations following the tragic murder of George Floyd Featuring Hayes's inimitable street photographs *How We Live Now* chronicles an unimaginable moment in time with his signature insight and grace offering a glimpse at our shared humanity

Restful Insomnia Sondra Kornblatt, 2010-01-01 Filled with insightful ways of bringing peace to insomnia It re-visions insomnia as a journey of the spirit the book to read when you can't sleep Donna Eden author of *Energy Medicine* If you've suffered from countless nights of sleep deprivation then this book is essential to helping you thrive in the night Sondra Kornblatt highlights many techniques that will help insomniacs gain the benefits of sleep without ever having to sleep If you can't fall asleep then this is the book for you Meditate for a second take a deep breath and know that you are not alone There are over seventy million people in America who have trouble sleeping Moving through everyday life without proper sleep can be frustrating and alarming but with this book you will learn how to properly function from your lack of sleep If you can't fall asleep Sondra teaches the importance of an evening ritual to create internal rest *Restful Insomnia* teaches you how to Bring rest to the body with a unique form of night yoga Quiet the mind through guided meditation Quell the soul's worries through night writing Instead of leaving your bed worn out by sleeplessness you will leave your bed refreshed and ready to conquer the day *Restful Insomnia* gives you tools to thrive while functioning on little to no sleep Wonderfully creative solutions for the hopeless insomniac transforming worry and sleepless nights into deep eazzzzzzze Deanna Minich PhD author of *The Rainbow Diet*

OK2BG Jack Dunsmoor, 2015 **OK2BG** is narrative nonfiction a Memoir about a guy who wants to be a Mentor preferably to a teenager so they can have a decent meaningful conversation about stuff preferably with a kid at risk or just otherwise lost in order to help both the teenager as well as the determined subject of this story realize their unique potential find or reinforce their place in the world Overall a chronicle about the author's attempt over several years to understand the question of why do I want to be a Mentor which

eventually helps him become a more insightful person Subsequently in September 2010 after a plague of teen suicides Jack turns his attention to researching gay biographies into optimistically appropriate groups of books for gay kids at risk from bullying After 5 years Jack has categorized 2 000 books in the form of Memoirs Biographies Autobiographies written by or about 1 000 allegedly gay men The primary message in OK2BG is to read reassess before you run asunder *The Advocate*, 2005-03-29 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States

The Anatomist Bill B. Hayes, 2007-12-26 The classic medical text known as Gray's Anatomy is one of the most famous books ever written Now on the 150th anniversary of its publication acclaimed science writer and master of narrative nonfiction Bill Hayes has written the fascinating never before told true story of how this seminal volume came to be A blend of history science culture and Hayes's own personal experiences The Anatomist is this author's most accomplished and affecting work to date With passion and wit Hayes explores the significance of Gray's Anatomy and explains why it came to symbolize a turning point in medical history But he does much much more Uncovering a treasure trove of forgotten letters and diaries he illuminates the astonishing relationship between the fiercely gifted young anatomist Henry Gray and his younger collaborator H V Carter whose exquisite anatomical illustrations are masterpieces of art and close observation Tracing the triumphs and tragedies of these two extraordinary men Hayes brings an equally extraordinary era the mid 1800s unforgettably to life But the journey Hayes takes us on is not only outward but inward through the blood and tissue and organs of the human body for The Anatomist chronicles Hayes's year as a student of classical gross anatomy performing with his own hands the dissections and examinations detailed by Henry Gray 150 years ago As Hayes's acquaintance with death deepens he finds his understanding and appreciation of life deepening in unexpected and profoundly moving ways The Anatomist is more than just the story of a book It is the story of the human body a story whose beginning and end we all know and share but that like all great stories is infinitely rich in between

Hallucinations Oliver Sacks, 2012-11-06 NATIONAL BESTSELLER The poet laureate of medicine The New York Times and author of The Man Who Mistook His Wife for a Hat weaves together stories of mind altering experiences to reveal what they tell us about our brains our folklore and culture and why the potential for hallucination exists in us all Sacks has turned hallucinations from something bizarre and frightening into something that seems part of what it means to be a person His book too is a medical and human triumph The Washington Post An absorbing plunge into a mystery of the mind Entertainment Weekly To many people hallucinations imply madness but in fact they are a common part of the human experience These sensory distortions range from the shimmering zigzags of a visual migraine to powerful visions brought on by fever injuries drugs sensory deprivation exhaustion or even grief Hallucinations doubtless lie behind many mythological traditions literary inventions and religious epiphanies Drawing on his own experiences a wealth of clinical cases from among his patients and famous historical examples ranging from Dostoevsky to Lewis Carroll the legendary neurologist Oliver Sacks

investigates the mystery of these sensory deceptions what they say about the working of our brains how they have influenced our folklore and culture and why the potential for hallucination is present in all humans

The Readers' Advisory Guide to Nonfiction Neal Wyatt, 2007-05-14 Navigating what at she calls the extravagantly rich world of nonfiction renowned readers advisor RA Wyatt builds readers advisory bridges from fiction to compelling and increasingly popular nonfiction to encompass the library's entire collection She focuses on eight popular categories history true crime true adventure science memoir food cooking travel and sports Within each she explains the scope popularity style major authors and works and the subject's position in readers advisory interviews Wyatt addresses who is reading nonfiction and why while providing RAs with the tools and language to incorporate nonfiction into discussions that point readers to what to read next In easy to follow steps Wyatt Explains the hows and whys of offering fiction and nonfiction suggestions together Illustrates ways to get up to speed fast in nonfiction Shows how to lead readers to a variety of books using her read around and reading map strategies Provides tools to build nonfiction subject guides for the collection This hands on guide includes nonfiction bibliography key authors benchmark books with annotations and core collections It is destined to become the nonfiction bible for readers advisory and collection development helping librarians library workers and patrons select great reading from the entire library collection *Out*, 2002

Human Technological Enhancement and Theological Anthropology Victoria Lorrimar, 2022-05-05 A cross disciplinary theological engagement with proposals for the technological enhancement of humans including radical life extension mind uploading mood enhancement and moral enhancement This work draws on metaphor studies cognitive sciences and literary studies to develop an account of human creativity in relation to divine creativity

Mapping the Darkness Kenneth Miller, 2023-10-03 WINNER OF THE 2024 ASJA BOOK AWARD BIOGRAPHY HISTORY NAMED A BEST BOOK OF THE YEAR 2023 BY THE NEW YORKER NEW YORK TIMES EDITOR'S CHOICE SELECTION From award winning journalist Kenneth Miller comes the definitive story of the scientists who set out to answer two questions Why do we sleep and How can we sleep better A century ago sleep was considered a state of nothingness even a primitive habit that we could learn to overcome Then an immigrant scientist and his assistant spent a month in the depths of a Kentucky cave making nationwide headlines and thrusting sleep science to the forefront of our consciousness In the 1920s Nathaniel Kleitman founded the world's first dedicated sleep lab at the University of Chicago where he subjected research participants including himself to a dizzying array of tests and tortures But the tipping point came in 1938 when his cave experiment awakened the general public to the unknown and vital world of sleep Kleitman went on to mentor the talented but troubled Eugene Aserinsky whose discovery of REM sleep revealed the astonishing activity of the dreaming brain and William Dement a jazz bass playing revolutionary who became known as the father of sleep medicine Dement in turn mentored the brilliant maverick Mary Carskadon who uncovered an epidemic of sleep deprivation among teenagers and launched a global movement to fight it Award winning journalist Kenneth Miller weaves together science and history to tell

the story of four outsider scientists who took sleep science from fringe discipline to mainstream obsession through spectacular experiments technological innovation and single minded commitment Readers will walk away with a comprehensive understanding of sleep and why it affects so much of our lives A propulsive utterly engrossing history None of it is simple and all of it is captivating The New York Times Mapping the Darkness offers two narratives at once a sweeping journey of discovery about dreams sleep and the terra incognita of unconsciousness and a wake up call about the dangers of chronic exhaustion It s time Mr Miller tells us to take our sleep back The Wall Street Journal Insomniac City Bill Hayes,2018-01-16 Amazon s Best Biographies and Memoirs of 2017 List This touching memoir of the late neurologist Oliver Sacks by a photographer and writer with whom he fell in love near the end of his life turns a story of death into a celebration The New Yorker A beautifully written once in a lifetime book about love about life soul and the wonderful loving genius Oliver Sacks and New York and laughter and all of creation Anne Lamott Bill Hayes came to New York City in 2009 with a one way ticket and only the vaguest idea of how he would get by But at forty eight years old having spent decades in San Francisco he craved change Grieving over the death of his partner he quickly discovered the profound consolations of the city s incessant rhythms the sight of the Empire State Building against the night sky and New Yorkers themselves kindred souls that Hayes a lifelong insomniac encountered on late night strolls with his camera And he unexpectedly fell in love again with his friend and neighbor the writer and neurologist Oliver Sacks whose exuberance I don t so much fear death as I do wasting life he tells Hayes early on is captured in funny and touching vignettes throughout What emerges is a portrait of Sacks at his most personal and endearing from falling in love for the first time at age seventy five to facing illness and death Sacks died of cancer in August 2015 Insomniac City is both a meditation on grief and a celebration of life Filled with Hayes s distinctive street photos of everyday New Yorkers the book is a love song to the city and to all who have felt the particular magic and solace it offers Out ,2002-01 Out is a fashion style celebrity and opinion magazine for the modern gay man

Whispering the Strategies of Language: An Emotional Quest through **Sleep Demons An Insomniacs Memoir**

In a digitally-driven world wherever screens reign supreme and quick conversation drowns out the subtleties of language, the profound strategies and mental nuances concealed within phrases frequently go unheard. Yet, situated within the pages of **Sleep Demons An Insomniacs Memoir** a charming fictional prize pulsing with natural emotions, lies a fantastic journey waiting to be undertaken. Composed by an experienced wordsmith, this enchanting opus encourages visitors on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within the material of each word. Within the emotional depths of this emotional evaluation, we will embark upon a genuine exploration of the book's core styles, dissect their fascinating publishing style, and succumb to the effective resonance it evokes serious within the recesses of readers' hearts.

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