

SLEEP

THE GENTLE TYRANT

Wilse B. Webb



Sleep The Gentle Tyrant

**Katherine A. Albert (M. D.), Katherine
A Albert, M.D., Ph.D.**

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Sleep, the Gentle Tyrant Wilse B. Webb, 1975 Insomniac Gayle Greene, 2008-03-10 Describes the causes effects treatment options and research in the field of insomnia *The Enchanted World of Sleep* Peretz Lavie, 1998-01-01

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Sleep Deprivation Clete A. Kushida, 2004-11-16 Exploring the wide array of structures substances and environments that are primary factors in the initiation or inhibition of sleep this reference highlights key findings from respected professionals around the globe on the social and economic burden of impaired performance productivity and safety arising from sleep deprivation studying pharm Sleep: The Owner's Manual Pierce Howard, 2014-05-06 Cutting edge user friendly and comprehensive the revolutionary guide to the brain now fully revised and updated At birth each of us is given the most powerful and complex tool of all time the human brain And yet as we well know it doesn't come with an owner's manual until now In this unsurpassed resource Dr Pierce J Howard and his team distill the very latest research and clearly explain the practical real world applications to our daily lives Drawing from the frontiers of psychology neurobiology and cognitive science yet organized and written for maximum usability The Owner's Manual for the Brain Fourth Edition is your comprehensive guide to optimum mental performance and well being It should be on every thinking person's bookshelf What are the ingredients of happiness Which are the best remedies for headaches and migraines How can we master creativity focus decision making and willpower What are the best brain foods How is it possible to boost memory and intelligence What is the secret to getting a good night's sleep How can you positively manage depression anxiety addiction and other disorders What is the impact of nutrition stress and exercise on the brain Is personality hard wired or fluid What are the best strategies when recovering from trauma and loss How do moods and emotions interact What is the ideal learning environment for children How do love humor music friendship and nature contribute to well being Are there ways of reducing negative traits such as aggression short temperedness or irritability What is the recommended treatment for concussions Can you delay or prevent Alzheimer's and dementia What are the most important ingredients to a successful marriage and family What do the world's most effective managers know about leadership motivation and persuasion Plus 1 000s more topics **U.S. Navy Medicine** , 1976 The Slumbering Masses Matthew J. Wolf-Meyer, 2012-09-10 Americans spend billions of dollars every year on drugs therapy and other remedies trying to get a good night's sleep Anxieties about not getting enough sleep and the impact of sleeplessness on productivity health and happiness pervade medical opinion the workplace and popular culture In *The Slumbering Masses* Matthew J Wolf Meyer addresses the phenomenon of sleep and sleeplessness in the United States tracing the influence of medicine and industrial capitalism on the sleeping habits of Americans from the nineteenth century to the present Before the introduction of factory shift work Americans enjoyed a range of sleeping practices most commonly two nightly periods of rest supplemented by daytime naps The new sleeping regimen eight uninterrupted hours of sleep at

night led to the pathologization of other ways of sleeping Arguing that the current model of sleep is rooted not in biology but in industrial capitalism's relentless need for productivity The *Slumbering Masses* examines so called Z drugs that promote sleep the use of both legal and illicit stimulants to combat sleepiness and the contemporary politics of time Wolf Meyer concludes by exploring the extremes of sleep from cases of perpetual sleeplessness and the use of the sleepwalking defense in criminal courts to military experiments with ultra short periods of sleep Drawing on untapped archival sources and long term ethnographic research with people who both experience and treat sleep abnormalities Wolf Meyer analyzes and sharply critiques how sleep and its supposed disorders are understood and treated By recognizing the variety and limits of sleep he contends we can establish more flexible expectations about sleep and ultimately subvert the damage of sleep pathology and industrial control on our lives

Get a Good Night's Sleep Katherine A. Albert (M. D.), Katherine A Albert, M.D., Ph.D., 1999-04 An expert on sleep disorders shares the latest research information to help those with sleep problems conquer their insomnia

The Functions of Sleep Rene Drucker-Colin, 2012-12-02 The Functions of Sleep is the result of a symposium held in New Mexico in 1977 The objective of the said symposium is to clarify and ultimately answer questions regarding the functions of sleep Many perspectives are presented in the attempt to answer the main question of the function of sleep including the examination of the developmental neurophysiological metabolic behavioral and clinical correlates of normal and disturbed sleep The first two chapters focus on the previous studies done regarding the functions of sleep specifically the methodological issues and clinical implications of the theories This book also emphasizes the study of rapid eye movement REM sleep and its different aspects such as reticular formation activity motivational function regulation and growth hormone secretion Other topics covered in this book include the interrelations of human sleep in terms of neuroendocrine and neuropharmacologic ontogenetic and clinical studies sleep pathologies and brain state and memory Sleep can be studied in a wide range of scientific fields Students and researchers in the fields of biology psychology neurology psychobiology and medicine will find this book very useful

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