



[Books] The Mystery Of Sleep: Why A Good Night's Rest Is Vital To A Better, Healthier Life

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The Mystery of Sleep-Meir Kryger 2017-03-21
An authoritative and accessible guide to what

happens when we shut our eyes at night We spend a third of our lives in bed, but how much do we really understand about how sleep affects us? In the past forty years, scientists have discovered that our sleep (or lack of it) can affect

nearly every aspect of our waking lives. Poor sleep could be a sign of a disease, the result of a vitamin or iron deficiency, or the cause of numerous other problems, both sleeping and waking. Yet many people, even medical personnel, are unaware of the dangers of poor sleep. Enter Dr. Meir Kryger, a world authority on the science of sleep, with a comprehensive guide to the mysteries of slumber that combines detailed case studies, helpful tables, illustrations, and pragmatic advice. Everyone needs a good night's sleep, and many of us will experience some difficulty sleeping or staying awake over the course of our lifetimes (or know someone who does). Kryger's comprehensive text is a much-needed resource for insomniacs; for those who snore, can't stay awake, or experience disturbing dreams; and for the simply curious. Uniquely wide ranging, *The Mystery of Sleep* is more than a handbook; it is a guide to the world of sleep and the mysterious disorders that affect it.

When Brains Dream: Exploring the Science and Mystery of Sleep-Antonio Zadra

2021-01-12 A comprehensive, eye-opening exploration of what dreams are, where they come from, what they mean, and why we have them. Questions on the origins and meaning of dreams are as old as humankind, and as confounding and exciting today as when nineteenth-century scientists first attempted to unravel them. Why do we dream? Do dreams hold psychological meaning or are they merely the reflection of random brain activity? What purpose do dreams serve? *When Brains Dream* addresses these core questions about dreams while illuminating the most up-to-date science in the field. Written by two world-renowned sleep and dream researchers, it debunks common myths—that we only dream in REM sleep, for example—while acknowledging the mysteries that persist around both the science and experience of dreaming. Antonio Zadra and Robert Stickgold bring together state-of-the-art neuroscientific ideas and findings to propose a new and innovative model of dream function called NEXTUP—Network

Exploration to Understand Possibilities. By detailing this model's workings, they help readers understand key features of several types of dreams, from prophetic dreams to nightmares and lucid dreams. When Brains Dream reveals recent discoveries about the sleeping brain and the many ways in which dreams are psychologically, and neurologically, meaningful experiences; explores a host of dream-related disorders; and explains how dreams can facilitate creativity and be a source of personal insight. Making an eloquent and engaging case for why the human brain needs to dream, When Brains Dream offers compelling answers to age-old questions about the mysteries of sleep.

The Mystery of Sleep-John Bigelow 1904

Why We Sleep-Matthew Walker 2017-10-03
"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries

in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

Encyclopedia of Sleep and Dreams-Deirdre Barrett 2012 This fascinating reference covers the major topics concerning dreaming and sleep, based on the latest empirical evidence from sleep research as well as drawn from a broad range of dream-related interdisciplinary contexts, including history and anthropology. * 330 alphabetically arranged entries * An appendix provides resources for further reading, including online sources * A special index on dreams * Primary resources lists after each entry for reference and review

The Nocturnal Brain-Dr. Guy Leschziner 2019-07-23 A renowned neurologist shares the true stories of people unable to get a good

night's rest in *The Nocturnal Brain: Nightmares, Neuroscience, and the Secret World of Sleep*, a fascinating exploration of the symptoms and syndromes behind sleep disorders. For Dr. Guy Leschziner's patients, there is no rest for the weary in mind and body. Insomnia, narcolepsy, night terrors, apnea, and sleepwalking are just a sampling of conditions afflicting sufferers who cannot sleep—and their experiences in trying are the stuff of nightmares. Demonic hallucinations frighten people into paralysis. Restless legs rock both the sleepless and their sleeping partners with unpredictable and uncontrollable kicking. Out-of-sync circadian rhythms confuse the natural body clock's days and nights. Then there are the extreme cases. A woman in a state of deep sleep who gets dressed, unlocks her car, and drives for several miles before returning to bed. The man who has spent decades cleaning out kitchens while "sleep-eating." The teenager prone to the serious, yet unfortunately nicknamed Sleeping Beauty Syndrome stuck in a cycle of excessive unconsciousness, binge eating, and uncharacteristic displays of aggression and

hypersexuality while awake. With compassionate stories of his patients and their conditions, Dr. Leschziner illustrates the neuroscience behind our sleeping minds, revealing the many biological and psychological factors necessary in getting the rest that will not only maintain our physical and mental health, but improve our cognitive abilities and overall happiness.

The Mystery of Sleep-Dr. D. K. Olukoya
2013-11-26 The Mystery of Sleep The most convenient time for the sworn enemy of mankind to launch his attack is the time of sleep. The devil operates freely when men are asleep spiritually and physically. Most of the stubborn and deep-rooted problems in the lives of many were programmed or deposited during sleep. How do you prevent or recover from these deadly attacks? Read on to find out!

The Science of Sleep-Wallace B. Mendelson
2018-02-14 We often hear that humans spend

one third of their lives sleeping—and most of us would up that fraction if we could. Whether we're curling up for a brief lunchtime catnap, catching a doze on a sunny afternoon, or clocking our solid eight hours at night, sleeping is normally a reliable way to rest our heads and recharge our minds. And our bodies demand it: without sufficient sleep, we experience changes in mood, memory loss, and difficulty concentrating. Symptoms of sleep deprivation can be severe, and we know that sleep is essential for restoring and rejuvenating muscles, tissue, and energy. And yet, although science is making remarkable inroads into the workings and functions of sleep, many aspects still remain a mystery. In *The Science of Sleep*, sleep expert Wallace B. Mendelson explains the elements of human sleep states and explores the variety of sleep disorders afflicting thousands of people worldwide. Mendelson lays out the various treatments that are available today and provides a helpful guide for one of life's most important activities. By offering the first scientific yet accessible account of sleep science, Mendelson allows readers to

assess their personal relationships with sleep and craft their own individual approaches to a comfortable and effective night's rest. Addressing one of the major public health issues of the day with cutting-edge research and empathetic understanding, *The Science of Sleep* is the definitive illustrated reference guide to sleep science.

The Mystery of Sleep-John Bigelow 1904

Go the Fk to Sleep**-Adam Mansbach
2011-06-14 The #1 New York Times Bestseller: "A hilarious take on that age-old problem: getting the beloved child to go to sleep" (NPR). "Hell no, you can't go to the bathroom. You know where you can go? The f**k to sleep." *Go the Fuck to Sleep* is a book for parents who live in the real world, where a few snoozing kitties and cutesy rhymes don't always send a toddler sailing blissfully off to dreamland. Profane, affectionate, and radically honest, it captures the

familiar—and unspoken—tribulations of putting your little angel down for the night. Read by a host of celebrities, from Samuel L. Jackson to Jennifer Garner, this subversively funny bestselling storybook will not actually put your kids to sleep, but it will leave you laughing so hard you won't care.

The Mystery of Sleep-John Bigelow 2009-06
This is a pre-1923 historical reproduction that was curated for quality. Quality assurance was conducted on each of these books in an attempt to remove books with imperfections introduced by the digitization process. Though we have made best efforts - the books may have occasional errors that do not impede the reading experience. We believe this work is culturally important and have elected to bring the book back into print as part of our continuing commitment to the preservation of printed works worldwide.

The Secret of Sleep-Meher Baba 1969

The Mystery of Sleep-Meir Kryger MD
2015-08-02

The Mystery of Yawning in Physiology and Disease-Olivier Walusinski 2010-01-01
Yawning is a stereotyped phylogenetically ancient phenomenon that occurs in almost all vertebrates. As an emotional behavior and an expressive movement, yawning has many consequences; nevertheless, it has so far been poorly addressed in medical research and practice. Bringing together the latest research from many fields, this volume integrates current insights within embryology, ethology, neurophysiology, psychology, fMRI and pathology. The phylogenetic and ontogenetic aspects of yawning offer an interesting perspective on human development, and its occurrence in neurological diseases - an area explored by only a few investigators - may

provide useful clinical information. This book will make valuable and fascinating reading to neurologists, sleep specialists, psychologists, ethologists and pharmacologists, as well as to anybody interested in uncovering the mystery of yawning.

Sleep and Brain Activity-Marcos G. Frank 2012

Sleep and the Brain presents some of the more dramatic developments in our understanding of brain activity in sleep. The book discusses what parts of the brain are active in sleep and how, and presents research on the function of sleep in memory, learning, and further brain development.

Nodding Off-Alice Gregory 2018-06-14 Sleep plays a crucial role in our waking lives, and we need to start paying it more attention. The latest research tells us that it's essential for learning and memory, for mental health and physical well-being, and yet we tend to only think about it

when it's proving a struggle. Nodding Off leads you on a fascinating journey through the science of sleep as it evolves throughout our lives; from babies to teenagers, from middle age to the later years of our life, there are constantly new challenges to our sleep. Based on knowledge accumulated over almost two decades as a sleep researcher, Professor Alice Gregory shares real-life stories and interviews with other sleep experts to find the answers to questions, such as: Why do so many adolescents enjoy lying in at the weekends? Why do children experiencing anxiety, behavioural problems or attention deficit hyperactivity disorder so often have co-occurring sleep problems? Why are scientists turning to sleep disorders such as sleep paralysis to try to understand paranormal experiences? With important tips on improving your sleep, Nodding Off is an essential read for anyone who sleeps, and more important still for those who don't get enough. Fans of Matthew Walker's Why We Sleep will love this book!

The Little Book of Sleep-Nerina Ramlakhan

2018-09-06 The Little Book of Sleep is a beautifully colour-illustrated guide to achieving deep, natural, clean sleep. Sleep expert Dr Nerina Ramlakhan explains why a good night's sleep is essential in today's demanding, 24/7, technology-driven world, introduces us to the science of sleep and teaches us that the secret of good sleep is to get out of our head and back into our body. Using a unique combination of Eastern and Western practices, including yoga, ayurveda and body-awareness techniques, and with an abundance of invaluable advice and techniques, Dr Nerina guides the reader on their personal journey back to sleep.

Sleep in Art-Meir Kryger 2019-06-28 This book combines two of my favorite things - art and sleep. Together, with gorgeous images, we also learn why artists from Rubens to Picasso to Matisse to Hockney painted people sleeping in their dreams. And along the way, we also dive deep into the mysteries and science of sleep. This

is a transporting journey into the creation of images of something we all cherish: SLEEP. - Arianna Huffington, author of Sleep Revolution. **** A dazzling visual record of our view of our nocturnal lives through the ages. - Professor Guy Leschnizer, author of The Nocturnal Brain. **** Sleep which takes up so much of our lives has a deep, fascinating, and relatively unexplored history in art. Art history is important as it relates to every part of human history. Sleep has significance for virtually every culture in every era of history. This book is an intersection between art and science. It contains over 300 full-color images by some of the world's greatest artists. Sleep is deeply personal. Like good art, the topic hits people at the core. The reader will enjoy relating it to sleep science and the history of sleep science as well. Sleep can be emblematic of health, rest, sex, spirituality, sloth, dreams, the subconscious, the private, and the public.

Cam Jansen: The Mystery of the Dinosaur Bones #3-David A. Adler 2004-07-22 No mystery

is too great for super-sleuth Cam Jansen and her amazing photographic memory! Mysteries follow super-sleuth Cam Jansen everywhere she goes...even to the museum. Cam and her class are on a field trip at the museum when Cam discovers that some bones are missing from a dinosaur skeleton. Can Cam find the bones and catch the thief? The Cam Jansen books are perfect for young readers who are making the transition to chapter books, and Cam is a spunky young heroine whom readers have loved for over two decades.

Dreamland: Adventures in the Strange Science of Sleep-David K. Randall 2012-08-13
Examines the complex world of sleep and discusses whether or not women sleep differently than men and if killing someone while sleepwalking would count as murder.

The Family That Couldn't Sleep-D. T. Max
2006-09-05 For two hundred years a noble

Venetian family has suffered from an inherited disease that strikes their members in middle age, stealing their sleep, eating holes in their brains, and ending their lives in a matter of months. In Papua New Guinea, a primitive tribe is nearly obliterated by a sickness whose chief symptom is uncontrollable laughter. Across Europe, millions of sheep rub their fleeces raw before collapsing. In England, cows attack their owners in the milking parlors, while in the American West, thousands of deer starve to death in fields full of grass. What these strange conditions—including fatal familial insomnia, kuru, scrapie, and mad cow disease—share is their cause: prions. Prions are ordinary proteins that sometimes go wrong, resulting in neurological illnesses that are always fatal. Even more mysterious and frightening, prions are almost impossible to destroy because they are not alive and have no DNA—and the diseases they bring are now spreading around the world. In *The Family That Couldn't Sleep*, essayist and journalist D. T. Max tells the spellbinding story of the prion's hidden past and deadly future. Through exclusive interviews and

original archival research, Max explains this story's connection to human greed and ambition—from the Prussian chemist Justus von Liebig, who made cattle meatier by feeding them the flesh of other cows, to New Guinean natives whose custom of eating the brains of the dead nearly wiped them out. The biologists who have investigated these afflictions are just as extraordinary—for example, Daniel Carleton Gajdusek, a self-described “pedagogic pedophile pediatrician” who cracked kuru and won the Nobel Prize, and another Nobel winner, Stanley Prusiner, a driven, feared self-promoter who identified the key protein that revolutionized prion study. With remarkable precision, grace, and sympathy, Max—who himself suffers from an inherited neurological illness—explores maladies that have tormented humanity for centuries and gives reason to hope that someday cures will be found. And he eloquently demonstrates that in our relationship to nature and these ailments, we have been our own worst enemy.

The Mystery of Dreams-William Oliver Stevens 2017-09-07 Originally published in 1950, this title includes instances of dreams in published records from both British and American societies of psychical research, covering six decades. This work had been previously inaccessible to the ordinary reader. Other stories have come from friends and acquaintances of the author and in his introduction he states that: ‘the chief purpose of this collection is to present examples of apparently significant dreams, those that “come true”, there will be no effort in these pages to debate possible explanations based on known laws, either of chance or of psychology. Readers are able to exercise their own ingenuity to this end. The material is offered here simply as evidence of a striking phenomenon in human consciousness, which, instead of being brushed aside as superstition, calls for serious study. It may have a profound bearing on the riddle of human personality.’

Dreaming-J. Allan Hobson 2003 What is

dreaming? What causes dreaming? Why are dreams so strange and why are they so hard to remember? Modern science has given us a new and increasingly clear and complete picture of how dreaming is created by the brain. This picture is important not only for understanding dreaming itself, but also for a science of consciousness and of mental health and illness. This book focuses on dreaming to introduce the reader to sleep laboratory science and to the cellular and molecular mechanisms of sleep. It shows how the new science of dreaming affects theories in psychoanalysis, and how it helps to understand the basis of mental illness.

The dreamers- 1921 Play was performed by Aboriginal cast at 1982 Festival of Perth.

Sleep Like a Baby- Charlene Harris 2017-09-26 Robin and Aurora's newborn Sophie is proving to be quite a handful. They hire a partially trained nurse, Virginia Mitchell, to come and help the

new parents for a few weeks when Robin has to leave town for work and Roe is struck with a bad case of the flu. One particularly stormy night, Roe wakes to hear her daughter crying and Virginia nowhere to be found. Searching for her reveals a body outside . . . but it isn't Virginia's. Now, not only does Roe have a baby to care for but a new puzzle to contend with - who is this mystery woman dead in their backyard, and what happened to Virginia?

Why Can't I Get Better?-Richard Horowitz 2013-11-12 A groundbreaking reference about diagnosing Lyme disease and chronic illness traces the heated debate that has prevented patients from obtaining adequate care, outlining the author's plan for identifying and treating chronic illness using methods for promoting best-possible outcomes.

Sleeping Murder- Agatha Christie 2011-04-12 Soon after Gwenda moved into her new home,

odd things started to happen. Despite her best efforts to modernize the house, she only succeeded in dredging up its past. Worse, she felt an irrational sense of terror every time she climbed the stairs. In fear, Gwenda turned to Miss Marple to exorcise her ghosts. Between them, they were to solve a “perfect” crime committed many years before.

To Sleep, Perchance to Dream-Ferdinando Scianna 1997-10-16 With this collection of photographs, interspersed with an anthology of evocative quotations about sleep and dreaming, Scianna takes us and himself on a fascinating journey inside a dimension of life that is natural and mysterious, necessary and disturbing, everyday and universal. Often the camera freezes movement, isolating a single moment in the endless flux of reality; here, on the contrary, the stillness of the image is of its essence. Through the mystery of sleep, life itself, like the photographic image, becomes static, as if in suspense.

The Portal of the Mystery of Hope-Charles Peguy 2005-05-01 Translated by David L. Schindler, Jr. In what is one of the greatest Catholic poetic works of our century, Péguy offers a comprehensive theology ordered around the often-neglected second virtue which is incarnated in his celebrated image of the 'little girl Hope'.

The Sleep Solution-W. Chris Winter, M.D. 2017-04-04 With cutting-edge sleep science and time-tested techniques, The Sleep Solution will help anyone achieve healthy sleep and eliminate pills, pain, and fatigue. If you want to fix your sleep problems, Internet tips and tricks aren't going to do it for you. You need to really understand what's going on with your sleep—both what your problems are and how to solve them. The Sleep Solution is an exciting journey of sleep self-discovery and understanding that will help you custom design specific

interventions to fit your lifestyle. Drawing on his twenty-four years of experience within the field, neurologist and sleep expert W. Chris Winter will help you... • Understand how sleep works and the ways in which food, light, and other activities act to help or hurt the process • Learn why sleeping pills are so often misunderstood and used incorrectly—and how you can achieve your best sleep without them • Incorporate sleep and napping into your life—whether you are a shift worker, student, or overcommitted parent • Think outside the box to better understand ways to treat a multitude of conditions—from insomnia to sleep apnea to restless leg syndrome and circadian sleep disorders • Wade through the ever-changing sea of sleep technology and understand its value as it relates to your own sleep struggles Dubbed the “Sleep Whisperer” by Arianna Huffington, Dr. Winter is an international expert on sleep and has helped more than 10,000 patients rest better at night, including countless professional athletes. Now, he’s bringing his experiences out from under the covers—redefining what it means to have optimal

sleep and get the ZZZs you really need...
INCLUDES TIPS, TRICKS, EXERCISES, AND
ILLUSTRATIONS

Night School-Richard Wiseman 2014-04-01 We think of sleep as a waste of time. A time when we are literally doing nothing. Yet every human on the planet spends several hours each day asleep. We are not alone. Almost every animal enjoys some form of sleep. The idea that millions of years of evolution resulted in this ability for no reason at all is ludicrous. When we are asleep we are not dormant. In fact, it is the busiest time of the day. For the past sixty years, a small number of scientists have dedicated their lives to studying the sleeping mind. This work has resulted in a series of remarkable techniques that can help people to recognize dangerous levels of sleep deprivation, get a great night's sleep, avoid nightmares, learn in their sleep, take productive power naps, decode dreams, and create a perfect nocturnal fantasy. Until now, these discoveries have been restricted to

academic journals and University conferences. Professor Richard Wiseman journeys deep into this dark world and meets the vampire-like scientists who go to work when everyone else is heading for bed. Carrying out his own nocturnal mass participation studies along the way, Wiseman presents the definitive guide to the surprising new science of sleep and dreaming. For years the self-development movement has focused on improving people's waking lives. It is now time for us all to unlock that missing third of our days.

The Big Sleep-Raymond Chandler 2020-04-03
The Big Sleep and (1939 and) is a hardboiled crime novel by Raymond Chandler, the first to feature the detective Philip Marlowe. It has been adapted for film twice, in 1946 and again in 1978. The story is set in Los Angeles The story is noted for its complexity, with characters double-crossing one another and secrets being exposed throughout the narrative. The title is a euphemism for death; the final pages of the book

refer to a rumination about and quot;sleeping the big sleep and quot;. In 1999, the book was voted 96th of Le Monde and 's and quot;100 Books of the Century and quot;. In 2005, it was included in Time magazine and 's and quot;List of the 100 Best Novels and quot;.

The Mysteries of Harris Burdick-Chris Van Allsburg 2015-12-15 Fourteen black-and-white drawings, each accompanied by a title and a caption, entice readers to make up his or her own story.

The Lost Book of Adana Moreau-Michael Zapata 2020-02-04 *Winner of the Chicago Review of Books Award for Fiction* A Heartland Booksellers Award Nominee An NPR Best Book of the Year A BookPage Best Book of the Year A Library Journal Best Winter/Spring Debut of 2020 A Most Anticipated Book of 2020 from the Boston Globe and The Millions A Best Book of February 2020 at Salon, The Millions, LitHub and

Vol 1. Brooklyn “A stunner—equal parts epic and intimate, thrilling and elegiac.”—Laura Van den Berg, author of *The Third Hotel* The mesmerizing story of a Latin American science fiction writer and the lives her lost manuscript unites decades later in post-Katrina New Orleans In 1929 in New Orleans, a Dominican immigrant named Adana Moreau writes a science fiction novel. The novel earns rave reviews, and Adana begins a sequel. Then she falls gravely ill. Just before she dies, she destroys the only copy of the manuscript. Decades later in Chicago, Saul Drower is cleaning out his dead grandfather’s home when he discovers a mysterious manuscript written by none other than Adana Moreau. With the help of his friend Javier, Saul tracks down an address for Adana’s son in New Orleans, but as Hurricane Katrina strikes they must head to the storm-ravaged city for answers. What results is a brilliantly layered masterpiece—an ode to home, storytelling and the possibility of parallel worlds.

Caring for Children Who Have Severe

Neurological Impairment-Julie M. Hauer
2013-08-01 Hauer offers hope and practical coping strategies in equal measure.

From the Mixed-Up Files of Mrs. Basil E. Frankweiler-E.L. Konigsburg 2010-12-21 Run away to the Metropolitan Museum of Art with E. L. Konigsburg’s beloved classic and Newbery Medal-winning novel *From the Mixed-Up Files of Mrs. Basil E. Frankweiler*—now available in a deluxe keepsake edition! Claudia knew that she could never pull off the old-fashioned kind of running away...so she decided to run not from somewhere but to somewhere. That was how Claudia and her brother, Jamie, ended up living in the Metropolitan Museum of Art—and right in the middle of a mystery that made headlines. Celebrate the legacy of the Newbery Medal-winning classic with this special edition.

Sleep Disorders For Dummies-Max
Hirshkowitz 2011-04-27 When the last dinner

dishes have been put away and the evening news is over, most of us think about going to bed. But for the millions who suffer from a chronic sleep disorder, going to bed doesn't necessarily mean going to sleep. And for millions more who experience occasional sleep disturbances, nighttime might not be such a picnic, either. Now there's an easy-to-follow guide to help you get a good night's rest. *Sleep Disorders For Dummies* is for anyone who has trouble sleeping—or has a loved one who suffers from a sleep disorder. Written by a sleep specialist and a medical reporter, this no-nonsense guide helps you: Prevent and manage sleep disorders Improve your sleep habits Find relief from your symptoms Ask your doctor the right questions Enhance the quality of sleep This fact-packed guide walks you through the different types of sleep disorders, including sleep apnea, insomnia, narcolepsy, and restless legs syndrome. You'll discover the causes and symptoms of each disorder, the various medical conditions that can disrupt sleep, and the most common treatments. Plus, you'll see how to use good nutrition and exercise to

promote sounder sleep and avoid known sleep disruptors such as caffeine and problem foods. The authors also give you solid, reassuring advice on: Finding the right doctor to diagnose and treat your sleep disorder Managing stress and anxiety Turning your bedroom into a sleep sanctuary Choosing between the different types of sleep clinics Handling sleep disorders in children Featuring savvy tips on preventing jet lag, sleeping well if you work the night shift, and getting kids to bed without fuss, *Sleep Disorders for Dummies* will help you get your zzzzzzzs!

The Shapeless Unease-Samantha Harvey
2020-05-12 A genre-defying debut memoir of insomnia by Betty Trask Prize-winner and one of our most singular stylists, Samantha Harvey. In 2016, Samantha Harvey began to lose sleep. She tried everything to appease her wakefulness: from medication to therapy, changes in her diet to changes in her living arrangements. Nothing seemed to help. *The Shapeless Unease* is Harvey's darkly funny and deeply intelligent

anatomy of her insomnia, an immersive interior monologue of a year without one of the most basic human needs. Original and profound, and narrated with a lucid breathlessness, this is a startlingly insightful exploration of memory, writing and influence, death and the will to survive, from “this generation’s Virginia Woolf” (Telegraph).

Mystery of Meerkat Hill-Alexander McCall Smith 2013 Precious Ramotswe makes friends with two new children at her school and is more

than willing to ply her burgeoning detective skills by helping them find their missing cow.

The Castle of Dreams-Michel Juvet 2008 How discoveries about sleep and dreaming might have been made: a novel by apioneering sleep researcher casts an eighteenth century aristocrat as its scientific and romantichero.