

[PDF] Dreamland: Adventures In The Strange Science Of Sleep

David K. Randall - pdf download free book

Books Details:

Title: Dreamland: Adventures in the

Author: David K. Randall

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Description:

: Forget about outer space and deep-ocean trenches. There are scientific mysteries far closer to home. In our bedrooms each night, something odd happens--we try to fall asleep. No one knows exactly why. What happens if we don't sleep? Do men sleep differently than women? Why is it so hard to put children to sleep? And if Freud was wrong about dreams, then why do we dream? In Dreamland: Adventures in the Strange Science of Sleep, David K. Randall answers these questions and more. He takes us through the history of human thinking about sleep, all the way up to the latest rest techniques used by Olympic athletes. You'll sleep better having read this book. --Benjamin Moebius

Review “Starred review. This fabulous book is likely to address any and all questions you might have about sleep.... There’s plenty of practical information, like how to overcome insomnia without drugs, how to combat snoring, how to encourage young children to get to sleep and, perhaps most useful, how to bet successfully on professional football games: our circadian rhythms favor West Coast teams over East Coast teams on Monday nights. This is one book that will not put you to sleep.” **(Publishers Weekly)**

“...Randall emphasizes the too-often neglected common-sense realization that sleep is no void; rather, it is perhaps one-third of the puzzle to living well. The author also notes that sleep is not an undifferentiated continuum; the most restful sleep arrives in five stages of about 90 minutes each. A welcome study of an element of life that is often “forgotten, overlooked, and postponed.”” **(Kirkus Reviews)**

“Though he doesn’t go into minute detail, Randall provides a comprehensive and accessible introduction to a mystifying but necessary part of life.” **(Booklist)**

“A lively overview of recent research into sleep.” **(Maureen Corrigan - NPR's Fresh Air)**

“An accessible and well-researched guide to a fascinating subject.” **(New Scientist)**

“The most diverting and consistently fascinating book on the topic ever... but you couldn’t find a more charming guide to what we do know than Dreamland.” **(Laura Miller - Salon.com)**

“Randall’s wit and curiosity make him a comforting guide.” **(Boston Globe)**

“Randall has done a lot of good reporting, writes clearly and makes even the scientific aspects of his subject easily accessible... The result is an enjoyable, edifying book that goes down easy... The one thing Dreamland will not do—sorry, insomniacs—is put you to sleep. The topic and the treatment are both too interesting.” **(Daniel Akst - Newsday)**

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