

Sleep A Very Short Introduction Very Short Introductions

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Sleep A Very Short Introduction

Sleep: A Very Short Introduction addresses the biological and psychological aspects of sleep. What is sleep? Why do we need it? How much is enough? What is the impact of modern society on sleep? We spend about a third of our lives asleep. References to sleep abound in literature and art, sleep has been recognized as fundamental to the human condition.

Sleep: A Very Short Introduction - Very Short Introductions

This Very Short Introduction addresses the biological and psychological aspects of sleep, providing a basic understanding of what sleep is and how it is measured, a look at sleep through the human lifespan, and the causes and consequences of major sleep disorders.

Sleep: A Very Short Introduction - Steven W. Lockley ...

SLEEP A very short introduction During winters in pre-industrial times we slept up to 10 hours a day. Nowadays people kept on winter schedule sleep more than on summer schedule: 8.5 h (young adults) 7.5 h (older adults) Change in sleep due to: Electric lighting Culture of long work hours Long Commutes

Sleep: A Very Short Introduction by Steven W. Lockley

"Sleep - A Very Short Introduction" is an incredible little book that takes us on an exploration of what we know about sleep right now. The primary approach of this book is scientific. All of the...

Sleep: A Very Short Introduction - Steven W. Lockley ...

This Very Short Introduction addresses the biological and psychological aspects of sleep, providing a basic understanding of what sleep is and how it is measured, looking at sleep through the human lifespan and the causes and consequences of major sleep disorders.

Sleep: A Very Short Introduction (Very Short Introductions ...

Sleep: A Very Short Introduction. Steven W. Lockley and Russell G. Foster. March 2012. ISBN: 9780199587858. 160 pages Paperback 174x111mm In Stock. Very Short Introductions. Price: £8.99. Why do we need sleep? What happens when we don't get enough?

Sleep: A Very Short Introduction - Paperback - Steven W ...

Get this from a library! Sleep : a very short introduction. [Steven W Lockley; Russell G Foster] -- Why do we need sleep? What happens when we don't get enough? From the biology and psychology of sleep and the history of sleep in science, art, and literature; to the impact of a 24/7 society and the ...

Sleep : a very short introduction (eBook, 2012) [WorldCat.org]

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9. The 24-hour society - Very Short Introductions

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Sleep: A Very Short Introduction: Lockley, Steven W ...

Sleep is not only important for grown up individuals and people who go to work; rather it is also very essential for small babies and children in their growing up years as well. In small children, sleep supports the growth as well as development of their mind and body and hence is a non-negotiable activity necessary for all human beings.

Importance of Sleep | My Essay Point

This Very Short Introduction addresses the biological and psychological aspects of sleep, providing a basic understanding of what sleep is and how it is measured, looking at sleep through the human lifespan and the causes and consequences of major sleep disorders.

Sleep: A Very Short Introduction eBook by Steven W ...

International Sleep Charity: Global Webinar Series. During this episode we welcome Professor Russell Foster to talk about his book, Sleep: A very short intro...

Sleep: A very short introduction with Professor Russell ...

A very informative read. I have fallen in love with Oxfords Short Introduction series, this book does an excellent job of explaining why and how brains of living things sleep. Easy to understand and very we'll written.

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