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~~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?

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All studies seem to indicate that sleep is important and is essential to good health, along with diet and exercise. Access to the complete content on Very Short Introductions online requires a subscription or purchase. Public users are able to search the site and view the abstracts and keywords for each book and chapter without a subscription.

~~7. Sleep and health—Very Short Introductions~~

Abstract. We used to think of sleep as a state of suspended activity and unconsciousness. Nowadays, we regard sleep as an inconvenience at best, a weakness at worst. Sleep has considerable benefits. It makes us feel better and helps our brains find solutions to everyday problems. 'Sleep through the ages' describes sleep patterns of the past, when we slept for longer periods of time than we do now.

~~1. Sleep through the ages—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. The book describes dramatic breakthroughs in our knowledge of how sleep occurs, what it does, and what happens to our health if we do not have enough.

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As my title states, with many of the 'Very Short Introduction' books, they do require some weighing up before purchase. Some merely outline some of the contemporary ideas of a theme after roughly sketching out a brief history, whilst others (like Foster and Lockley's book Sleep), are incredibly informative, simply written with not a whiff of postmodernism or pretension, and are a genuine ...

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