

## Why We Sleep The New Science Of Sleep And Dreams

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### Why We Sleep, The New Science of Sleep and Dreams by ...

Why We Sleep: The New Science of Sleep and Dreams by Matthew Walker, Ph.D.: Scriber, An Imprint of Simon & Schuster, Inc. New York, USA, 2017, 368 Pages

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First addressing the process of sleep, why the different phases of sleep are necessary to health, and how modern life and technology disrupt healthy and natural sleep patterns, Walker sets a persuasive context for the problems caused by lack of sleep, from "drowsy driving" (responsible for more avoidable deaths than alcohol and drugs combined) to medical errors by sleep-deprived doctors, from ...

### Buy Why We Sleep: The New Science of Sleep and Dreams Book ...

A New York Times bestseller The first sleep book by a leading scientific expert—Professor Matthew Walker, Director of UC Berkeley’s Sleep and Neuroimaging Lab—reveals his groundbreaking exploration of sleep, explaining how we can harness its transformative power to change our lives for the better. Sleep is one of the most important but least understood aspects of our life.

### Why We Sleep: Unlocking the Power of Sleep and Dreams by ...

Why We Sleep: The New Science of Sleep and Dreams is a popular science book about sleep by the neuroscientist and sleep researcher, Matthew Walker. Walker is a professor of neuroscience and psychology and the director of the Center for Human Sleep Science at the University of California, Berkeley.. Walker spent four years writing the book, in which he asserts that sleep deprivation is linked ...

### Why We Sleep - Wikipedia

image caption New research is giving scientists an insight into why we sleep and what happens when we do it Sleep is a normal, indeed essential part of our lives. But if you think about it, it is ...

### Why do we sleep? - BBC News

This is the second piece in a three-part series on sleep. Read part one, on falling asleep, and part three, on wakefulness.. It’s strange, when you think about it, that we spend close to a third ...

### The Work We Do While We Sleep | The New Yorker

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"In Why We Sleep, Dr. Matt Walker brilliantly illuminates the night, explaining how sleep can make us healthier, safer, smarter, and more productive. Clearly and definitively, he provides knowledge and strategies to overcome the life-threatening risks associated with our sleep-deprived society.

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Why We Sleep by Matthew Walker (Allen Lane, £20). To order a copy for £17, go to guardianbookshop.com or call 0330 333 6846. Free UK p&p over £10, online orders only.

### Why We Sleep by Matthew Walker review - how more sleep can ...

But no one knows what sleep actually does. "It's sort of embarrassing," said Dr. Michael Halassa, a neuroscientist at New York University. "It's obvious why we need to eat, for example, and ...

### Why Do We Sleep? | Live Science

This waste removal system, they suggest, is one of the major reasons why we sleep. It's important to realize, however, this study was done on mice and not humans. "The restorative function of sleep may be a consequence of the enhanced removal of potentially neurotoxic waste products that accumulate in the awake central nervous system," the study's authors explained.

### Theories of the Reasons Why We Sleep - Verywell Mind

"In Why We Sleep, Dr. Matt Walker brilliantly illuminates the night, explaining how sleep can make us healthier, safer, smarter, and more productive. Clearly and definitively, he provides knowledge and strategies to overcome the life-threatening risks associated with our sleep-deprived society.

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