

The Secret World Of Sleep How Nighttime Brain Creates Consciousness Penelope A Lewis

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Where old wives tales have long advised to "sleep on a problem," today scientists are discovering the truth behind these folk sayings,and how the busy brain radically improves our minds through sleep and dreams. In The Secret World of Sleep, neuroscientist Penny Lewis explores the latest research intothe nighttime brain to understand the real benefits of sleep. She shows how, while our body rests, the brain practices tasks it learned during the day, replays traumatic events to mollify them ...

[The Secret World of Sleep: The Surprising Science of the ...](#)

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[The Secret World of Sleep: The Surprising Science of the ...](#)

The Secret World of Sleep is a very useful and informative book. It provides non-science readers and students an update on what 's been researched recently about everything sleep-related and the brain 's role in these functions.

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[The Secret World of Sleep | Penelope A. Lewis | Macmillan](#)

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[The Secret World of Sleep: The Surprising Science of the ...](#)

Product details 1) The Secret World of Sleep: The Surprising Science of the Mind at Rest by Penelope A. Lewis 2) Dreamland: Adventures in the Strange Science of Sleep by David K. Randall 3) Sleep: A Very Short Introduction by Steven W. Lockley 4) The Secret Life of Sleep by Kat Duff

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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.

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In fact, dolphins share the same unihemispheric sleep as they do! With one eye open, these air-breathing but water-living creatures thrive. Check out this video, also from The Smithsonian Channel 's series The Secret World of Animal Sleep, to learn more about how the dolphins slip in a snooze!

[The Secret World of Sleep! Here's How the Birds Do It!](#)

'The Secret World of Sleep combines two of my favourite things – humanity and medical science. Dr Leschziner weaves wonderful stories that highlight how sleep disorders affect the lives and health of patients and their families. Along the way we are guided into the fantastic science of sleep. What a wonderful journey!'

[The Secret World of Sleep | Book by Guy Leschziner ...](#)

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In The Secret World of Sleep, neuroscientist Penny Lewis explores the latest research intothe nighttime brain to understand the real benefits of sleep. She shows how, while our body rests, the brain practices tasks it learned during the day, replays traumatic events to mollify them, and forges connections between distant concepts.

[The Secret World of Sleep : The Surprising Science of the ...](#)

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[The Nocturnal Brain: Nightmares, Neuroscience, and the ...](#)

She directs the Sleep and Memory Lab at the University of Manchester in England. Her new book is The Secret World of Sleep: The Surprising Science of the Mind at Rest. Lewis joins Fresh Air 's...

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[The Secret World of Sleep on Apple Books](#)

Buy The Nocturnal Brain: Nightmares, Neuroscience, and the Secret World of Sleep by Dr. Guy Leschziner online at Alibris. We have new and used copies available, in 3 editions - starting at \$8.56. Shop now.

Explains the lesser-known role of sleep in processing the waking life and making sense of difficult emotions and experiences.

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.

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Unlock the astonishing facts, myths, and benefits of one of the most endangered human resources—sleep. It has become increasingly clear that our sleep shapes who we are as much as, if not more than, we shape it. While most sleep research hasn 't ventured far beyond research labs and treatment clinics, The Secret Life of Sleep taps into the enormous reservoir of human experiences to illuminate the complexities of a world where sleep has become a dwindling resource. With a sense of infectious curiosity, award winning author Kat Duff mixes cutting-edge research with insightful narratives, surprising insights, and timely questions to help us better understand what we 're losing before it 's too late. The Secret Life of Sleep tackles the full breadth of what sleep means to people the world over. Embark on an exploration of what lies behind and beyond our eyelids when we surrender to the secret life of sleep.

'With my job on Today, I have become obsessed with sleep. The Secret World of Sleep interweaves bizarre real life stories with cutting edge neurological science in the true tradition of Oliver Sacks. A fascinating read.' Martha Kearney, BBC Radio 4 'Casebooks of neurological disorders are often strange and wonderful, but this one is special.' Sunday Times 'The Secret World of Sleep will not promise to cure your insomnia, but it does make for an entertaining and thought-provoking bedtime read.' The Guardian For Guy Leschziner's patients, there is no rest for the weary in mind and body. Insomnia, narcolepsy, night terrors, apnoea and sleepwalking are just a sample of the conditions afflicting sufferers who cannot sleep - and their experiences in trying to 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, 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 also improve our cognitive abilities and overall happiness.

"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.

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.

We spend a third of our lives in bed, but how much do we really understand about what happens when we go to sleep? What s the right amount? Why do we experience jet lag? Is snoring normal? Enter Dr. Meir Kryger, a world authority on the science of sleep, with a comprehensive guide to the science of slumber that combines detailed case studies, helpful tables, illustrations, and pragmatic advice. Everyone needs sleep, and many of us will experience some difficulty sleeping over the course of our lifetimes (or know someone who does). Kryger s comprehensive text is a much-needed bedside resource for insomniacs, those who can t stay awake, and the simply curious. Uniquely wide ranging, this is part scientific history and part handbook of sleep and the disorders that affect it.--

Read two of The Secret Show adventures with secret agents Victor Volt and Anita Knight. In 'The Bogie Ball' it is revealed that the world leader eats her own bogies and this information must be kept secret! Unfortunately, it's too late and Doctor Doctor creates a machine that makes bogies explosive. It's time for Victor and Anita to stick their fingers up their noses to show they mean business. Now, turn your book over to discover that Doctor Doctor has created an ancient dream crystal that can control the world's population in their sleep! Under strict laboratory conditions, Victor and Anita enter the dream world to save the day.

The brain is the most important part of our anatomy - the master controller that tells the other parts of the body what to do and when to do it. This engaging new book delves into how we use our brains in everyday life and uncovers the crucial workings of this vital organ. How does our brain store memories? How does the brain process emotion? How do we recognise faces? What is dreaming? What does it mean to be conscious? How do injuries and diseases disrupt brain function? Are male and female brains any different? What is really happening in the teenage brain? From revealing how the brain controls our basic functions such as speech, vision and movement to how it determines our perceptions, contributes to our personalities and affects our emotions, this beautifully illustrated book unlocks the key questions about the brain.

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