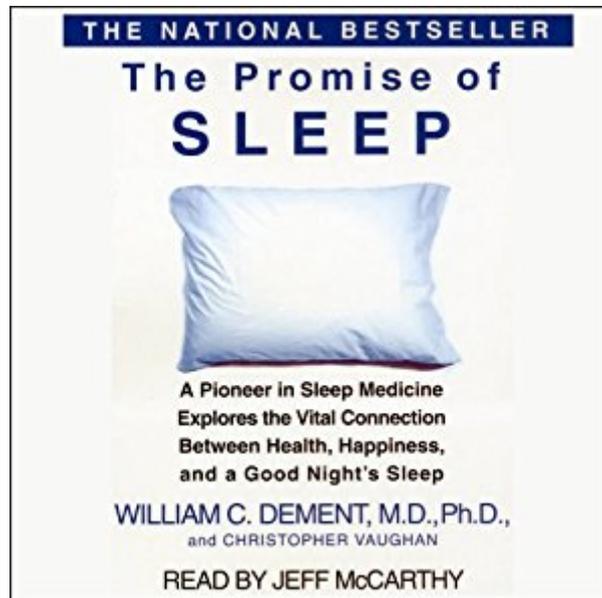


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# The Promise Of Sleep



## Synopsis

Loss of sleep saps our ability to experience pleasure, cuts down our productivity and puts our bodies in harm's way: 33per cent of traffic accidents are traceable to daytime sleepiness. This text is a wake-up call to us all about the importance of taking sleep seriously as the foundation for good health. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

"The Promise of Sleep" is the eminent Dr. Dement's magnum opus for the masses. It contains more information than most of us will ever want to know about sleep. It is a long and intricate book, and it reads like a grant proposal. Most of us will read the sections that apply to us, and will use the book as a reference. I didn't read the whole thing and neither did any of you. So if you plan to read the whole thing... you are dreaming. But I find myself returning to this book repeatedly, for various health-related reasons. Here I discuss the people I think will benefit from this book, and why. Then I discuss what I believe to be Dr. Dement's biases, for better or worse. Finally, I discuss some other books which you might consider in addition to, or instead of, this one. Here are the people who will benefit from this book, and why. 1) PEOPLE WHO WANT TO TURBO-CHARGE THEIR SLEEP. You want to optimize sleep's restorative powers, and to optimize your mental functioning while awake. I believe that you are unlikely to find a better source of practical information than this book, though of course there are free sources available online. The fourth part of the book (about 125 pages) is devoted to "The Principles of Healthy Sleep." This section includes 6 chapters that include self-assessment procedures, ways to set priorities and seek professional advice, strategies for

dealing with specific situations (e.g., driving, flying, difficult work schedules), ways to optimize sleep across the lifespan, ways to manage caffeine, alcohol, other drugs, diet, and exercise to improve the quality of sleep, and more. Personally, I found the tips for dealing with jet lag to be very helpful, and non-intuitive in some instances. And I've reduced my "sleep debt" significantly. And...

When a friend of mine recommended that I read this book, I was slightly doubtful. I didn't really believe that a book about sleep could be all that interesting. When I did get around to reading *The Promise of Sleep*, however, I was really pleasantly surprised. Dr. William Dement wrote this book in a manner that neither condescends to the reader, nor confuses him or her with overly technical terms, as one might expect from the world-renowned expert on sleep. It is friendly and amusing with entertaining anecdotes from Dr. Dement's career. In this respect, the book has some autobiographical aspects to it, allowing the reader to take a look into this fascinating man's life and work. One gets the sense that this book is intended for everyone who can read it, not only for people who can't sleep at night. The sleep patterns of people of all ages are discussed: infants, children, adolescents, pregnant women, the middle-aged, and the elderly. Dr. Dement makes it clear that sleep affects every area of our lives, and he does this by providing us with fascinating, but little-known, information. For example, in spite of the fact that 9 out of 10 people are either sleep-deprived or have a sleep disorder, a large number of these cases remain undiagnosed, because most doctors are untrained in this area. And sleepy drivers have a part in about a third of traffic accidents, but few people are aware of this. It makes the reader indignant to find out about this, and the author's anger shows through as well. After all, people are dying from sleep disorders, car accidents, and industrial disasters because the public is ignorant about sleep. *The Promise of Sleep* serves as a self-help book as well.

+++++Answer true or false to these ten statements:(1) Depriving people of dreams causes mental illness.(2) Drowsiness, that feeling when the eyelids are trying to close and we cannot keep them open, is the first step and not the last step before we fall asleep.(3) Generally, people need to sleep one hour for every two hours awake.(4) Insomnia is a disease.(5) The purpose of sleep is to rest the body, especially the muscles.(6) Although sleep needs vary, people who sleep about eight hours, on average, tend to live longer.(7) If you are well rested, it should take about five to ten minutes to fall asleep.(8) The single symptom most frequently found in all severe sleep disorders is daytime fatigue.(9) Sleep gets lighter and more fragmented as we age.(10) We know what sleep is for, how it works, and how it affects us on a cellular level.If you answered true to any one of statements

(1,2,4,5,7,10) or false to any one of (3,6,8,9), then you may need the help of this book co-authored by Dr. William Dement, "a pioneer in sleep medicine." This easy-to-read book is divided into four parts (where each part except the first part begins with a brief preamble): (i) The Fundamentals of Sleep (5 chapters) Covers such topics as rapid eye movements, sleep debt, fatigue, the biological clock, and circadian rhythms. (ii) When Sleep Fails (4 chapters) Some topics mentioned are insomnia and its treatment, snoring, apnea, sleep disorders, and sleep deprivation.

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