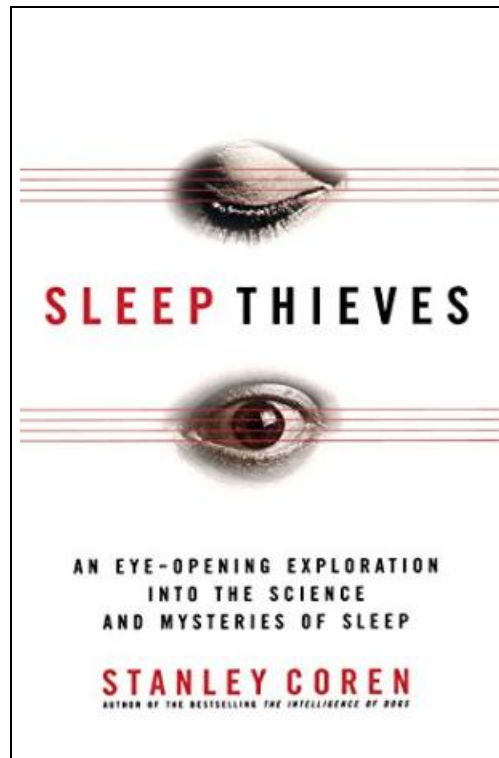


Sleep Thieves (Paperback)



Filesize: 4.51 MB

Reviews

This publication is wonderful. I have got study and so i am confident that i am going to likely to read once again once more down the road. Its been designed in an exceedingly straightforward way which is only soon after i finished reading this ebook by which actually altered me, change the way i think.

(Woodrow Labadie)

SLEEP THIEVES (PAPERBACK)



SIMON SCHUSTER, United States, 1997. Paperback. Condition: New. New edition. Language: English . Brand New Book ***** Print on Demand *****.In this engrossing, expansive look at the facts and folklore of sleep, best-selling author Stanley Coren provides astounding new evidence that we are becoming an increasingly sleep-deprived society, and that this condition is seriously affecting our work, posing a danger to ourselves and others. He shows, for example, that the Exxon Valdez oil spill, the disaster involving the space shuttle Challenger, and the nuclear accidents at both Chernobyl and Three Mile Island were all associated with people suffering from sleep deprivation. Drawing on dramatic interviews with a range of professionals including doctors, airline pilots, stockbrokers, and truck drivers, Coren shows the risks that everyone now faces as more and more people in the workforce operate with insufficient sleep. He also looks at some of the more subtle and insidious effects of sleep loss on our physical and mental health and explains how to tell whether you are getting enough sleep. In addition Coren asks intriguing questions like: Do fish sleep? Are there really morning people and night people? Why is it virtually impossible to fall asleep during midmorning hours no matter how tired you are? And how is it that you can sleep for hours on a plane and never feel rested? Some provocative stories about sleep oddities are presented along with a description of some strange sleep disorders that affect a surprisingly large number of people. Finally, the book describes specific techniques to help children sleep through the night and to improve the quality and efficiency of your own sleep.



[Read Sleep Thieves \(Paperback\) Online](#)



[Download PDF Sleep Thieves \(Paperback\)](#)

Related Kindle Books



No Friends?: How to Make Friends Fast and Keep Them

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any...

[Download Book](#)

»



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Download Book](#)

»



Write Better Stories and Essays: Topics and Techniques to Improve Writing Skills for Students in Grades 6 - 8: Common Core State Standards Aligned

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****.Mr. George Smith, a children s book author, has been...

[Download Book](#)

»



Storytown: Challenge Trade Book Story 2008 Grade 4 Exploding Ants

HARCOURT SCHOOL PUBLISHERS. PAPERBACK. Book Condition: New. 0153651482 WE HAVE NUMEROUS COPIES. PAPERBACK.

[Download Book](#)

»



Storytown: Challenge Trade Book Story 2008 Grade 4 African-American Quilt

HARCOURT SCHOOL PUBLISHERS. PAPERBACK. Book Condition: New. 0153651474 WE HAVE NUMEROUS COPIES -PAPERBACK , In pristine condition.

[Download Book](#)

»