



## Bright Eyed Forty Years in the Trenches of the War on Sleep Exploded Views

By RM Vaughan

Coach House Books. Paperback. Condition: New. 120 pages. For forty years, RM Vaughan has been fighting, and failing, to get his forty winks each night. Hes not alone, not by any stretch. More and more studies highlight the health risks of undersleeping, yet we never been asked to do more, and for longer. And we cant stop thinking that a lack of sleep is heroic: snoozing is a kind of laziness, after all. But why, when we know more about the value of sleep, are we obsessed with twenty-four-hour workdays and deliberate sleep deprivation? Working outward from his own experience, Vaughan explores this insomnia culture weve created, predicting a cultural collision: will we soon have to legislate rest, as France has done, and wondering about the cause-and-effect model of our shorter attention spans. Does the fact that we are almost universally underslept change how our world works? We know its an issue with, say, pilots and truck drivers, but what about artists? Does an insomnia culture change creativity? And what are the long-term cultural consequences of this increasing sacrifice for the ever-elusive goal of total productivity? RM Vaughan is the author of nine books and many short video works. He contributes essays on culture and...

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