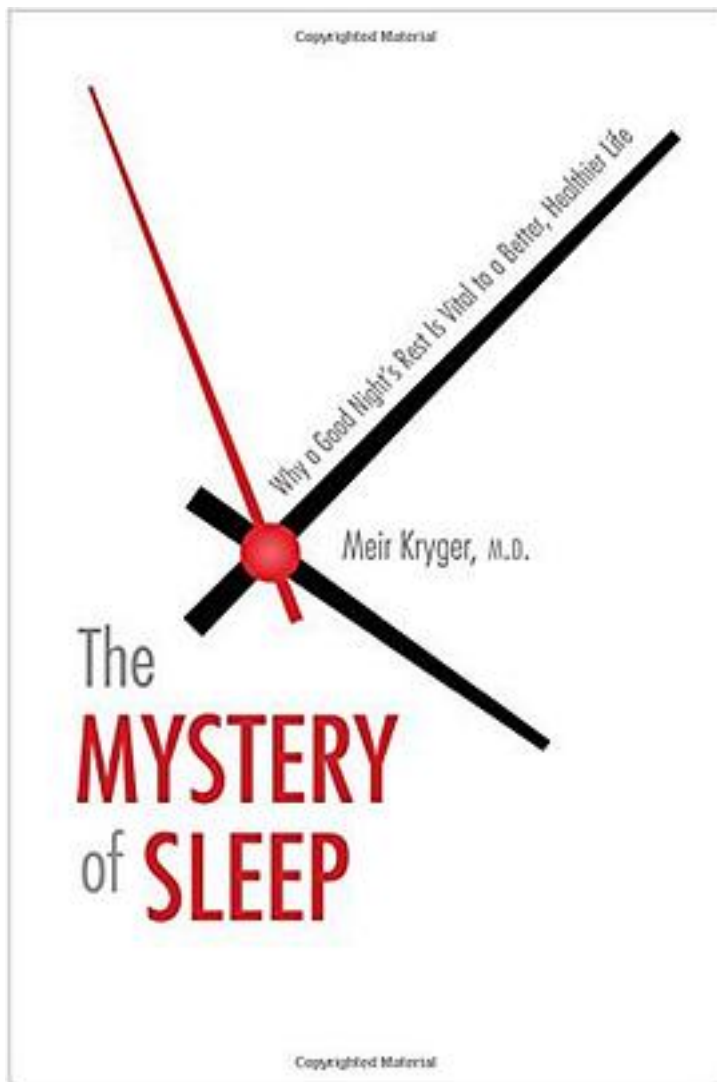


# The Mystery of Sleep



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著者:Meir H. Kryger

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An authoritative and accessible guide to what happens when we shut our eyes at night

We spend a third of our lives in bed, but how much do we really understand about how sleep affects us? In the past forty years, scientists have discovered that our sleep (or lack of it) can affect nearly every aspect of our waking lives. Poor sleep could be a sign of a disease, the result of a vitamin or iron deficiency, or the cause of numerous other problems, both sleeping and waking. Yet many people, even medical personnel, are unaware of the dangers of poor sleep. Enter Dr. Meir Kryger, a world authority on the science of sleep, with a comprehensive guide to the mysteries of slumber that combines detailed case studies, helpful tables, illustrations, and pragmatic advice.

Everyone needs a good night's sleep, and many of us will experience some difficulty sleeping or staying awake over the course of our lifetimes (or know someone who does). Kryger's comprehensive text is a much-needed resource for insomniacs; for those who snore, can't stay awake, or experience disturbing dreams; and for the simply curious. Uniquely wide ranging, *The Mystery of Sleep* is more than a handbook; it is a guide to the world of sleep and the mysterious disorders that affect it.

作者介绍:

Meir Kryger, M.D., is a professor in the Yale School of Medicine and chief editor of the most widely used sleep medicine textbook, *Principles and Practice of Sleep Medicine*. He is recognized as a global authority on sleep and has appeared on *The Dr. Oz Show*, CNN, ABC news, and BBC Radio 5.

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标签

sleep

Medical

评论

在维持白天工作与学习时间尽可能不变的情况下，我将自我修整时间调整为晚上9:30/10:00到第二天早上4:30/5:00——夜晚就是让你睡不是拿来熬的

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关于睡眠的全景图。现代人类多多少少都会被睡眠困扰吧，阅读这本书当真受益匪浅。  
“Armed with the knowledge gleaned from this book and a precise description of your symptoms, you will be able to help your doctor help you.”  
了解自己的症状，能够清晰准确地表述自己的症状，能够更有效地帮助医生进行诊断，也算是医患关系中，作为患者一方需要学习的地方吧。自勉。

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## 书评

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