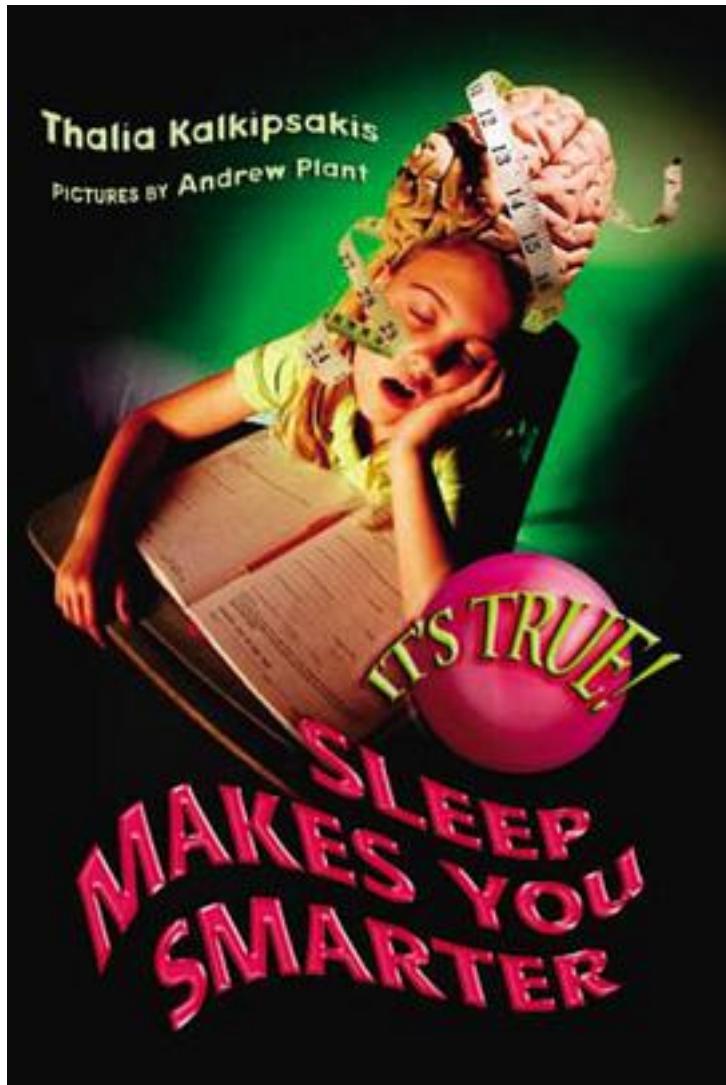


It's True! Sleep Makes You Smarter (It's True!) (It's True!)



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Pssst! Wake up! It's true! This is the best book on sleep you'll ever read! This book goes under the duvet to investigate sleep - why we need it, how much we should have, what happens under extreme sleep deprivation, whether animals dream, what dreams mean.

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