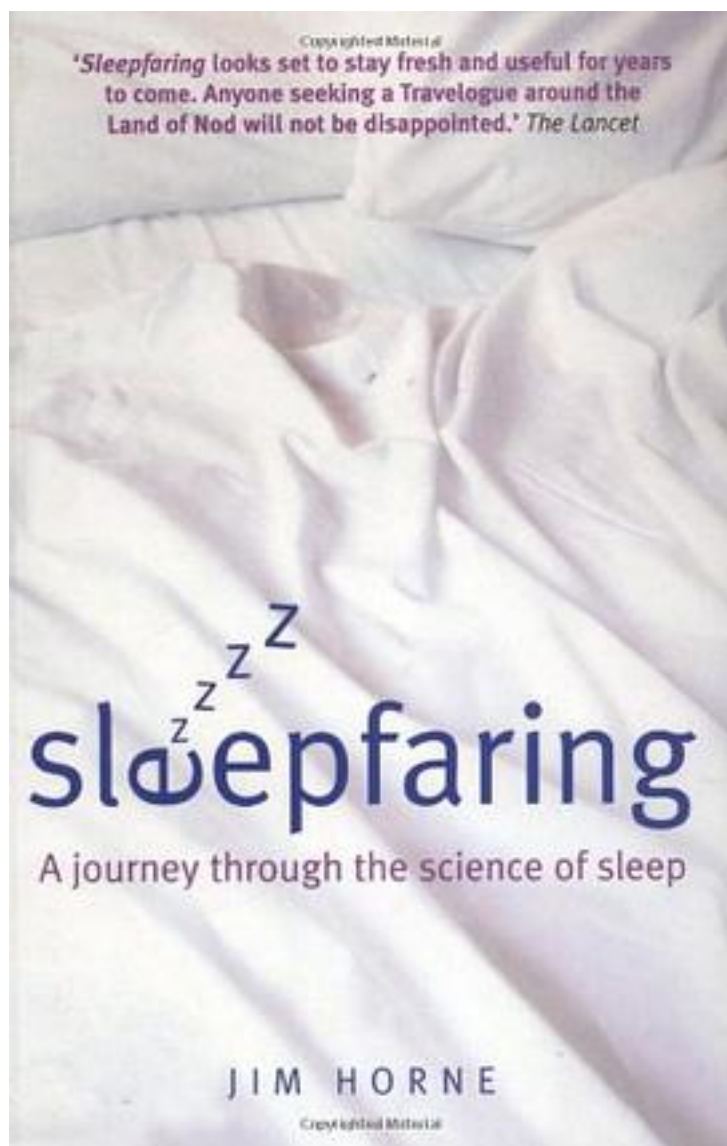


Sleepfaring



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著者:Jim Horne

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Why do we sleep? How much sleep do we normally need, and what happens if you don't get enough of it? Professor Jim Horne finds the answers to these questions and many more in Sleepfaring, a journey through the science and the secrets of sleep. It's a subject close to the hearts of many of us as our sleep patterns have changed to reflect longer working hours and busier lifestyles. From drowsiness at the wheel to stress and insomnia, sleep is becoming a big issue in our lives. Professor Horne gives an engaging account of what science can tell us about sleep and sleep disorders, drawing in brain physiology, psychology, medicine, social factors, and results from the very latest sleep research. He looks at body clocks and sleeping patterns, the values of napping, and the controversial question of 'sleep debt', and also gives some valuable hints from the latest sleep research that may just help you to get a better night's rest.

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