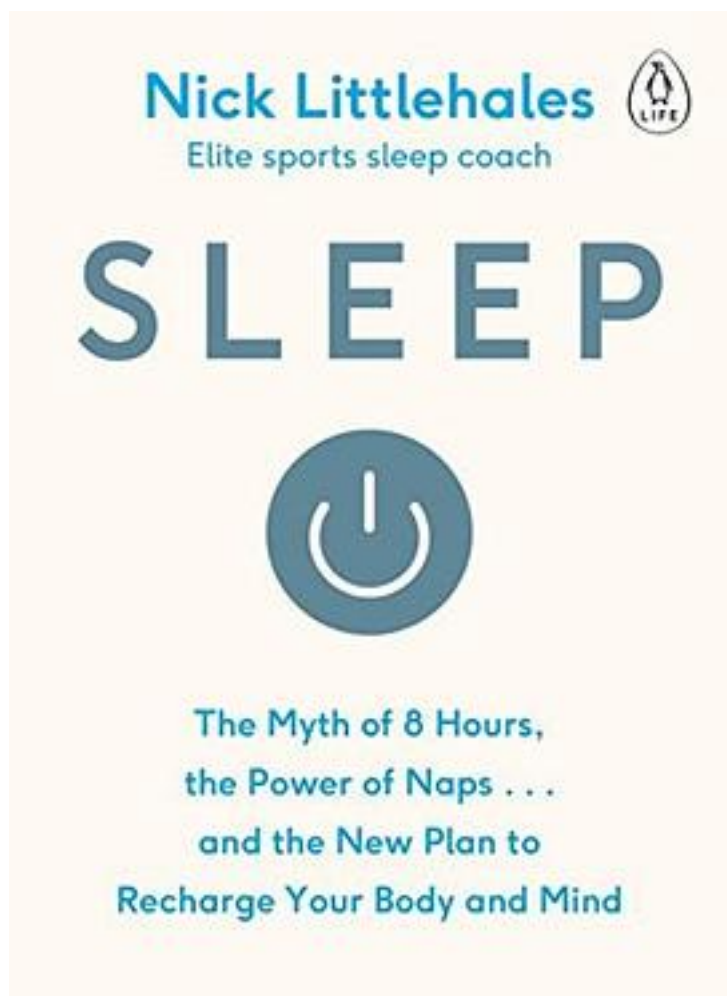


Sleep



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出版者:Oxford University Press

出版时间:2011-12

装帧:Paperback

isbn:9780199587858

Why do we need sleep? How much sleep is enough? What is sleep? What happens when we don't get enough? We spend about a third of our lives asleep - it plays a

crucial role in our health and wellbeing. References to sleep abound in literature and art, and sleep has been recognized as fundamental to the human condition for thousands of years. Over the past century, our knowledge of how sleep occurs, what it does, and what happens to our health if we do not have enough has developed hugely. The impact of poor sleep on our quality of life is also gaining recognition and the prevalence of sleep disorders in the population appears to be increasing as we live ever stressful lives. This Very Short Introduction addresses the biological and psychological aspects of sleep, providing a basic understanding of what sleep is and how it is measured, looking at sleep through the human lifespan and the causes and consequences of major sleep disorders. Russell G. Foster and Steven W. Lockley go on to consider the impact of modern society, examining the relationship between sleep and work hours, and the impact of our 24/7 society.

作者介绍:

目录: 1: The history of sleep
2: The generation and regeneration of sleep
3: The sleeping brain
4: The reasons for sleep
5: The seven ages of sleep
6: When sleep suffers
7: Sleep and health
8: Society and sleep
9: The 24/7 society
References
Further reading
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标签

睡眠

VSI

科普

牛津通识读本

Oxford

英语

英文原版

心理学

评论

上班上学时间都应该往后靠一点，毕竟保障睡眠时间还是相当重要的。

写得太好了呜呜 刷完A very short introduction系列大概是人生梦想

不错的科普，尤其是对各种动物的睡眠模式进行了探讨，对比了良好的和糟糕的睡眠习惯，特别关注了时差综合征和轮班带来的问题，也提出了一些中肯的建议。

为我的seminar mark一下

学校电子图书馆大致翻了一下，不错的介绍。

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书评

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