



The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Nights Sleep

By William C. Dement

Dell. Paperback. Book Condition: New. Paperback. 512 pages. Dimensions: 9.1in. x 6.1in. x 1.5in. Sleep better, live longer with the groundbreaking information and step-by-step program in this revolutionary book. Healthful sleep has been empirically proven to be the single most important factor in predicting longevity, more influential than diet, exercise, or heredity. And yet we are a sleep-sick society, ignorant of the facts of sleep--and the price of sleep deprivation. In this groundbreaking book, based on decades of study on the frontiers of sleep science, Dr. William Dement, founder and director of the Stanford University Sleep Research Center, explains what happens when we sleep, when we don't, and how we can reclaim the most powerful--and underrated--health miracle of all. Taking us on a fascinating tour of our sleeping body and mind, Dr. Dement reveals the price we have paid for ignoring sleep--an epidemic of heart disease, 33 percent of traffic-fatigue-related accidents, and immeasurable mental and psychological disadvantages. And he offers a hands-on prescription for vibrant good health and longevity, including . . . self-tests to determine how much sleep you really need. . . the role of prescription and over-the-counter sleeping aids. . . the latest research on how sleep affects the...



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