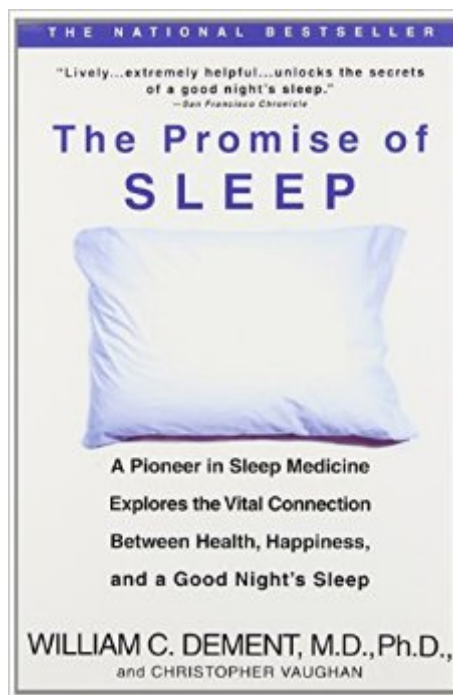


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# The Promise Of Sleep: A Pioneer In Sleep Medicine Explores The Vital Connection Between Health, Happiness, And A Good Night's Sleep



## Synopsis

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 immune system...how to combat insomnia, snoring, and jet lag...plus information on sleep disorder clinics nationwide, Web sites, and more. Taking readers on a fascinating tour of our sleeping body and mind, Dr. William C. Dement reveals the price paid for ignoring sleep--an epidemic of heart disease, traffic-fatigue-related accidents (responsible for a full third of all traffic accidents), and immeasurable mental and psychological disadvantages. Offering a hands-on prescription for vibrant good health and longevity, THE PROMISE OF SLEEP includes self-tests to determine how much sleep you really need, full information on the role of prescription and over-the-counter sleeping aids, the latest research on how sleep affects the immune system, helpful methods for combating insomnia, snoring, and jet lag, plus information on sleep disorder clinics nationwide, sleep disorder Web sites, and more. -->

## Book Information

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## Customer Reviews

"The Promise of Sleep" is the eminent Dr. Dement's magnum opus for the masses. It contains more information than most of us will ever want to know about sleep. It is a long and intricate book, and it reads like a grant proposal. Most of us will read the sections that apply to us, and will use the book as a reference. I didn't read the whole thing and neither did any of you. So if you plan to read the whole thing... you are dreaming. But I find myself returning to this book repeatedly, for various health-related reasons. Here I discuss the people I think will benefit from this book, and why. Then I discuss what I believe to be Dr. Dement's biases, for better or worse. Finally, I discuss some other books which you might consider in addition to, or instead of, this one. Here are the people who will benefit from this book, and why. 1) PEOPLE WHO WANT TO TURBO-CHARGE THEIR SLEEP. You want to optimize sleep's restorative powers, and to optimize your mental functioning while awake. I believe that you are unlikely to find a better source of practical information than this book, though of course there are free sources available online. The fourth part of the book (about 125 pages) is devoted to "The Principles of Healthy Sleep." This section includes 6 chapters that include self-assessment procedures, ways to set priorities and seek professional advice, strategies for dealing with specific situations (e.g., driving, flying, difficult work schedules), ways to optimize sleep across the lifespan, ways to manage caffeine, alcohol, other drugs, diet, and exercise to improve the quality of sleep, and more. Personally, I found the tips for dealing with jet lag to be very helpful, and non-intuitive in some instances. And I've reduced my "sleep debt" significantly. And...

When a friend of mine recommended that I read this book, I was slightly doubtful. I didn't really believe that a book about sleep could be all that interesting. When I did get around to reading The Promise of Sleep, however, I was really pleasantly surprised. Dr. William Dement wrote this book in a manner that neither condescends to the reader, nor confuses him or her with overly technical terms, as one might expect from the world-renowned expert on sleep. It is friendly and amusing with entertaining anecdotes from Dr. Dement's career. In this respect, the book has some autobiographical aspects to it, allowing the reader to take a look into this fascinating man's life and work. One gets the sense that this book is intended for everyone who can read it, not only for

people who can't sleep at night. The sleep patterns of people of all ages are discussed: infants, children, adolescents, pregnant women, the middle-aged, and the elderly. Dr. Dement makes it clear that sleep affects every area of our lives, and he does this by providing us with fascinating, but little-known, information. For example, in spite of the fact that 9 out of 10 people are either sleep-deprived or have a sleep disorder, a large number of these cases remain undiagnosed, because most doctors are untrained in this area. And sleepy drivers have a part in about a third of traffic accidents, but few people are aware of this. It makes the reader indignant to find out about this, and the author's anger shows through as well. After all, people are dying from sleep disorders, car accidents, and industrial disasters because the public is ignorant about sleep. The Promise of Sleep serves as a self-help book as well.

+++++Answer true or false to these ten statements:(1) Depriving people of dreams causes mental illness.(2) Drowsiness, that feeling when the eyelids are trying to close and we cannot keep them open, is the first step and not the last step before we fall asleep.(3) Generally, people need to sleep one hour for every two hours awake.(4) Insomnia is a disease.(5) The purpose of sleep is to rest the body, especially the muscles.(6) Although sleep needs vary, people who sleep about eight hours, on average, tend to live longer.(7) If you are well rested, it should take about five to ten minutes to fall asleep.(8) The single symptom most frequently found in all severe sleep disorders is daytime fatigue.(9) Sleep gets lighter and more fragmented as we age.(10) We know what sleep is for, how it works, and how it affects us on a cellular level.If you answered true to any one of statements (1,2,4,5,7,10) or false to any one of (3,6,8,9), then you may need the help of this book co-authored by Dr. William Dement, "a pioneer in sleep medicine."This easy-to-read book is divided into four parts (where each part except the first part begins with a brief preamble):(i) The Fundamentals of Sleep (5 chapters)Covers such topics as rapid eye movements, sleep debt, fatigue, the biological clock, and circadian rhythms.(ii) When Sleep Fails (4 chapters)Some topics mentioned are insomnia and its treatment, snoring, apnea, sleep disorders, and sleep deprivation.

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