



Steven W. Lockley & Russell G. Foster

SLEEP

A Very Short Introduction

OXFORD

Sleep A Very Short Introduction

Harold Taylor



Sleep A Very Short Introduction:

Sleep Steven W. Lockley, Russell G. Foster, 2012-03-22 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 ABOUT THE SERIES The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area These pocket sized books are the perfect way to get ahead in a new subject quickly Our expert authors combine facts analysis perspective new ideas and enthusiasm to make interesting and challenging topics highly readable *Sleep: A Very Short Introduction* Steven W. Lockley, Russell G. Foster, 2012-03-22 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 a look at sleep through the human lifespan and the causes and consequences of major sleep disorders Publisher's web site *Consciousness: A Very Short Introduction* Susan Blackmore, 2005-03-24 Consciousness the last great mystery for science has now become a hot topic How can a physical brain create our experience of the world What creates our identity Do we really have free will Could consciousness itself be an illusion Exciting new developments in brain science are opening up debates on these issues and the field has now expanded to include biologists neuroscientists psychologists and philosophers This controversial book clarifies the potentially confusing arguments and the major theories using illustrations lively cartoons and experiments Topics include vision and attention theories of self and will experiments on action and awareness altered states of consciousness and the effects of brain damage and drugs ABOUT THE SERIES The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area These pocket sized books are the perfect way to get ahead in a new subject quickly Our expert authors combine facts analysis perspective new ideas and enthusiasm to make interesting and challenging topics highly readable *Anxiety: A Very Short Introduction* Daniel Freeman, Jason Freeman, 2012-05-31 Are we born with our fears or do we learn them Why do our fears persist What purpose does anxiety serve In this Very Short Introduction we discover what anxiety is what causes it and how it can be treated Looking at six major anxiety disorders the authors introduce us to this most ubiquitous and essential of emotions ***Reality: A Very Short Introduction*** Jan

Westerhoff,2011-11-24 What is real has been one of the key questions of philosophy since its beginning in antiquity But it is not just a question that philosophers ask This Very Short Introduction discusses what reality is by looking at a variety of arguments theories and thought experiments from philosophy physics and cognitive science **Dreaming** J. Allan

Hobson,2005-04-21 What is dreaming and what causes it Why are dreams so strange and why are they so hard to remember Replacing dream mystique with modern dream science J Allan Hobson provides a new and increasingly complete picture of how dreaming is created by the brain Focusing on dreaming to explain the mechanisms of sleep this book explores how the new science of dreaming is affecting theories in psychoanalysis and how it is helping our understanding of the causes of mental illness J Allan Hobson investigates his own dreams to illustrate and explain some of the fascinating discoveries of modern sleep science while challenging some of the traditionally accepted theories about the meaning of dreams He reveals how dreaming maintains and develops the mind why we go crazy in our dreams in order to avoid doing so when we are awake and why sleep is not just good for health but essential for life ABOUT THE SERIES The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area These pocket sized books are the perfect way to get ahead in a new subject quickly Our expert authors combine facts analysis perspective new ideas and enthusiasm to make interesting and challenging topics highly readable *iMind* Mohamed I. Elmasry,2024-08-29 Why has

so much of our recent attention been focused on AI while RI is all but forgotten And why are we spending so much energy debating the future of AI rather than that of its human original Why can't those who are concerned about AI and those who care about RI talk to one another using a common language *iMind* Artificial and Real Intelligence is the first comprehensive popular science account of AI and RI Unique in scope it discusses the interdisciplinary science of AI RI smartphones smart sensors microchips and the brain mind connection It explores what is beyond the physical including mindfulness and spirituality and how they can impact our wellbeing in the here and now and how they can help us achieve a healthy and fulfilling old age Mohamed I Elmasry PhD FIEEE FRSC FCAE FEIC is Emeritus Professor of Computer Engineering at the University of Waterloo **Learning and the Affective Approach** Acene Fleurmons,2017-05-16 My book Learning and the

Affective Approach is a demonstration of the importance of affection love association and integration for kids preschoolers and schoolers in their immediate environment and learning journey That was an intellectual work that led us to a profound reflection on learning and on human intelligence which we redefined in chapter 1 which facilitates the learning process how we acquire knowledge what makes people appear more intelligent or less and what hinders the process of acquiescing knowledge Lastly we have come to understand why Benjamin Bloom had so much success with the publication of his Taxonomy of Educational Objectives Cognitive Domain in 1956 In addition we understood why David Krathwohl had to build upon Blooms ideas to publish a new book on educational taxonomy related to affection The former infuses cognitive notions into the kids mind and the latter relaxes it to facilitate the reception chapter 2 **Handbook of Neurobehavioral**

Genetics and Phenotyping Valter Tucci, 2017-03-06 The Handbook of Behavioral Genetics and Phenotyping represents an integrative approach to neurobehavioural genetics worldwide experts in their field will review all chapters Advanced overviews of neurobehavioural characteristics will add immense value to the investigation of animal mutants and provide unique information about the genetics and behavioural understanding of animal models under both normal and pathological conditions Cross species comparisons of neurobehavioural phenotypes will pave the way for an evolutionary understanding of behaviour Moreover while biological sciences are progressing towards a holistic approach to investigate the complexity of organisms i.e systems biology approach an integrated analysis of behavioural phenotyping is still lacking The Handbook of Behavioral Genetics and Phenotyping strengthens the cross talk within disciplines that investigate the fundamental basis of behaviour and genetics This will be the first volume in which traditionally distant fields including genomics behaviour electrophysiology neuroeconomics and computational neuroscience among others are evaluated together and simultaneously accounted for during discussions of future perspectives

First steps through Insomnia Simon Atkins, 2014-03-21 Are you one of the many people who struggle to sleep at night and to stay awake during the day Does sleep or the lack of it dominate your life ruin your days and make everything twice as difficult as it should be Do you or the person you share a bed with snore Or do you have trouble getting your teenager into bed at night and out of it again the next morning If so First Steps through Insomnia is for you Written by a GP with years of experience in helping his patients with all kinds of sleep related conditions this practical book will take you through the right steps toward a life of blissful refreshing slumber First Steps is a successful series of short affordable self help books on a range of key topics Other titles in the series include Menopause Divorce Weight Problems Anxiety Bereavement Depression Eating Disorders Problem Gambling and Problem Drinking

The Routledge International Handbook of Creative Cognition Linden J. Ball, Frédéric Vallée-Tourangeau, 2023-08-31 The Routledge International Handbook of Creative Cognition is an authoritative reference work that offers a well balanced overview of current scholarship across the full breadth of the rapidly expanding field of creative cognition It contains 43 chapters written by world leading researchers covering foundational issues and concepts as well as state of the art research developments The handbook draws extensively on contemporary work exploring the cognitive representations and processes associated with creativity whether studied in the laboratory or as it arises in real world practice in domains such as education art science entrepreneurship design and technological innovation Chapters also examine the sociocognitive and cultural aspects of creativity in teams and organisations while additionally capturing the latest research on the cognitive neuroscience of creativity Providing a compelling synopsis of emerging trends and debates in the field of creative cognition and positioning these in relation to established findings and theories this text provides a clear sense of the way in which new research is challenging traditional viewpoints It is an essential reading for researchers in the field of creative cognition as well as advanced students wishing to learn more about the latest developments in this important

and rapidly growing area of enquiry *Sleep Problems* Don Nardo,2013-12-16 Everyone knows that a good night's sleep can make all the difference in the world This volume talks about sleep disorders It describes the different types of sleep disorders what research suggests about the causes of sleep disorders and how sleep disorders are treated and prevented **Sleep and the Novel** Michael Greaney,2018-04-04 Sleep and the Novel is a study of representations of the sleeping body in fiction from 1800 to the present day which traces the ways in which novelists have engaged with this universal indispensable but seemingly nondescript region of human experience Covering the narrativization of sleep in Austen the politicization of sleep in Dickens the queering of sleep in Goncharov the aestheticization of sleep in Proust and the medicalization of sleep in contemporary fiction it examines the ways in which novelists envision the figure of the sleeper the meanings they discover in human sleep and the values they attach to it It argues that literary fiction harbours on its margins a sleeping partner one that we can nickname the Schlafroman or sleep novel whose quiet absorption in the wordlessness and passivity of human slumber subtly complicates the imperatives of self awareness and purposive action that traditionally govern the novel **Sleep in Early Modern England** Sasha Handley,2016-09-27 SELECT BIBLIOGRAPHY INDEX *The History of Life: A Very Short Introduction* Michael J. Benton,2008-11-27 This Very Short Introduction presents a succinct and accessible guide to the key episodes in the story of life on earth from the very origins of life four million years ago to the extraordinary diversity of species around the globe today *The Brain* Gary Lee Wenk,2017 This entertaining tour of the brain answers such fundamental questions such as What is the purpose of the brain What is an emotion What is a memory How does food affect how you feel Dr Wenk has skillfully blended the highest scholarly standards with illuminating insights gentle humor and welcome simplicity **Crush Your Own Nightmare!** Harold Taylor,2022-02-03 This book contains an explanation of PTSD and C PTSD nightmares sleep disorders frightening images and detailed results of the intervention herein contained using living human beings Included in the book is a complete intervention that has been proven to be successful in the treatment of twenty one different patients in the total eradication of insomnia nightmares and in one case the complete disappearance of two frightening daytime images *Circadian Medicine* Christopher S. Colwell,2015-07-07 Circadian rhythms the biological oscillations based around our 24 hour clock have a profound effect on human physiology and healthy cellular function *Circadian Rhythms Health and Disease* is a wide ranging foundational text that provides students and researchers with valuable information on the molecular and genetic underpinnings of circadian rhythms and looks at the impacts of disruption in our biological clocks in health and disease *Circadian Rhythms* opens with chapters that lay the fundamental groundwork on circadian rhythm biology Section II looks at the impact of circadian rhythms on major organ systems Section III then turns its focus to the central nervous system The book then closes with a look at the role of biological rhythms in aging and neurodegeneration Written in an accessible and informative style *Circadian Rhythms Health and Disease* will be an invaluable resource and entry point into this fascinating interdisciplinary field that brings together aspects of neuroscience

cell and molecular biology and physiology

Insomnia: The Formula for Consistent Sleep and Restful Nights (An Ultimate Sleep Therapy and Guide to Help You Put an End to Your Sleepless Nights) Dave Kennedy, 101-01-01

Thousands suffer from insomnia every night. There are dozens of reasons why they cannot sleep and dozens of ways they have tried to cure their problem from sleeping pills to yoga. If you cannot sleep and want to understand the causes of your insomnia as well as how it can be treated, you will find the answers in this book. No special knowledge is required and the author writes in a clear style without technical language or scientific jargon. This is a book for the sufferer from insomnia and we are all potential victims. You will learn how to understand the root causes of insomnia and address them effectively. Calm your mind and body using proven techniques like rhythmic breathing and mental focus exercises. Break the cycle of sleep anxiety and stop chasing sleep. Handle tough nights with strategies to relax, reset, and drift back to sleep. Even if you feel that you have exhausted all options and nothing works for you, the drug-free strategies and practical solutions offered in this book can be a fresh approach to managing and ultimately overcoming insomnia. Say goodbye to the same advice you've heard before. This book goes beyond generic recommendations, offering unique, actionable solutions that work. No drastic, disruptive changes are necessary; just simple techniques that seamlessly integrate into your daily life.

Insomnia: Unlocking the Secrets of Restful Slumber and Overcoming Insomnia (Master Your Ability to Overcome Anxiety, Relieve Stress, and Stop Negative Thinking) James Clark, 101-01-01

This is a book for the sufferer from insomnia and we are all potential victims. Do you suffer from insomnia? Half the population does at some time in their lives, and at any one time, one in six has problems in sleeping. Even those who do not normally have any difficulty in getting to sleep have times when they lie awake much longer than they would like, often before a big occasion when they want to be at their best. So you can hardly say the subject does not concern you. If we could abolish difficulty in sleeping from our lives, we would all feel more secure. In this guide to achieving quality sleep hygiene, you will discover practical and achievable ways to manage anxiety and insomnia, free yourself from sleep deprivation without spending a dime on expensive medications. The architecture of sleep demystified: find out how sleep works to benefit your mental and physical health. The everyman's guide to beating anxious thoughts and stress: take on the power of breath work and mindfulness to de-stress yourself before bed. How to seize the sleep: discover a comprehensive sleep regimen to create the perfect environment for catching those Zs. This anxiety management book combines expert knowledge with real-world applications, featuring helpful exercises and insights that empower you to break free from insomnia's grip. You will learn how to leverage mindfulness and meditation techniques alongside practical steps to improve your sleep and overall well-being.

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Table of Contents Sleep A Very Short Introduction

1. Understanding the eBook Sleep A Very Short Introduction
 - The Rise of Digital Reading Sleep A Very Short Introduction
 - Advantages of eBooks Over Traditional Books
2. Identifying Sleep A Very Short Introduction
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sleep A Very Short Introduction
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sleep A Very Short Introduction
 - Personalized Recommendations
 - Sleep A Very Short Introduction User Reviews and Ratings
 - Sleep A Very Short Introduction and Bestseller Lists

5. Accessing Sleep A Very Short Introduction Free and Paid eBooks
 - Sleep A Very Short Introduction Public Domain eBooks
 - Sleep A Very Short Introduction eBook Subscription Services
 - Sleep A Very Short Introduction Budget-Friendly Options
6. Navigating Sleep A Very Short Introduction eBook Formats
 - ePub, PDF, MOBI, and More
 - Sleep A Very Short Introduction Compatibility with Devices
 - Sleep A Very Short Introduction Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sleep A Very Short Introduction
 - Highlighting and Note-Taking Sleep A Very Short Introduction
 - Interactive Elements Sleep A Very Short Introduction
8. Staying Engaged with Sleep A Very Short Introduction
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sleep A Very Short Introduction
9. Balancing eBooks and Physical Books Sleep A Very Short Introduction
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sleep A Very Short Introduction
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Sleep A Very Short Introduction
 - Setting Reading Goals Sleep A Very Short Introduction
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Sleep A Very Short Introduction
 - Fact-Checking eBook Content of Sleep A Very Short Introduction
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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