



The Enchanted World of Sleep

By Peretz Lavie

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Why do we sleep? How much sleep do we really need? What causes sleep apnea, narcolepsy, and insomnia—and what can be done about these sleep disorders? Why do older people have more trouble sleeping than young people? We have all puzzled over—or been plagued by—the mysteries of sleep. Now a leading researcher on sleep provides an engaging and informative introduction to the subject that answers many of our questions.

Peretz Lavie surveys the entire field of sleep research and sleep medicine—from the structure of sleep stages and the brain centers involved in sleep regulation to the reasons for and significance of dreams, the importance of sleep in maintaining good health, and the function of biological rhythms—interweaving facts with fascinating case histories, anecdotes, and personal reflections. We learn, for example, about:

- development of sleep patterns from infancy to adulthood and in the aged;
- the wide variety of sleep habits in animals;
- dreams of Holocaust survivors;
- sleep under the threat of Scud missile attacks;
- how melatonin influences sleep;
- the story of the "Acrobat's Leap" sleep-deprivation experiments in the Israeli army;
- how to treat insomnia;
- what to do with a baby who refuses to go to sleep;

and much more.

Originally published in Hebrew to great acclaim, this book will enlighten and entertain everyone interested in how and why we sleep.

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Editorial Review

Amazon.com Review

Most of us take sleep for granted, except of course on those long nights when it refuses to come. But for Peretz Lavie, head of the Sleep Laboratory at the Technion-Israel Institute of Technology in Haifa, sleep is every bit as important as wakefulness. Amidst the anecdotes, stories and literature can be found revealing sleep research such as the study of a group of students in Israel during the Gulf War, who, five weeks into the conflict, reported that half their dreams dealt with the war and that the most common recurring image was the gas mask.

From Publishers Weekly

Unlike last year's *Night by A. Alvarez*, this analysis of the mechanics of sleep includes little literature or art and whatever history it contains is strictly about the people and events germane to the science of sleep. Readers will have to find their enchantment where Lavie does?in the research and facts themselves. In enthusiastic prose (even when discussing the decline of sleep research, he talks about "the golden era of earth-shaking discoveries" when "every night held the chance of a new and thrilling revelation, with researchers anxiously awaiting the morning so that they could report on the night's findings"), Lavie describes each phase of sleep, its rhythm and its disturbances; REM and dreams; sleep deprivation; jet lag; and sleep disorders such as insomnia, sleep apnea and narcolepsy. Lavie is the dean of the faculty of medicine and head of the sleep laboratory at the Technion in Haifa, and his most interesting discussions are often peculiar to circumstances in Israel: the observation that Holocaust survivors who adjusted well to life in Israel were less likely to remember dreams (any dreams) than those who had not; the situational insomnia that resulted from the threat of missile attack during the Gulf war; the mystery of the Jewish narcoleptics (after extensive research, Lavie recorded only a dozen or so, 100 times fewer than expected). There are some how-to tips that seem a little out of place, and only a scientist is going to find a molded mask and an air compressor worn to correct sleep apnea "so simple as to be pure genius." But for those who want to know what happens when the ability to "know" is suspended, this is a clear and earnest introduction.

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From Library Journal

Lavie, who received most of his professional training in the United States, is currently dean of the medical faculty and head of the Sleep Laboratory at the Technion-Israel Institute of Technology in Haifa. In this wonderfully detailed and engrossing account, Lavie describes our historical fascination with sleep and reviews notable research in the field. Among the topics he covers are the physiological changes that occur during a normal period of sleep, sleep disorders, the purpose of dreams, and the "evolution" of the sleep cycle from birth to old age. His discussion of what a patient undergoes during a typical night in the sleep lab is especially compelling. This excellent overview of the sleep process is both authoritative and elegantly written. Highly recommended for students and for general readers in public and academic libraries. ?Laurie Bartolini, Legislative Research Unit, Springfield, Ill.

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Users Review

From reader reviews:

Rose Waldman:

Book is to be different for every grade. Book for children until eventually adult are different content. As it is known to us that book is very important usually. The book *The Enchanted World of Sleep* had been making you to know about other knowledge and of course you can take more information. It is quite advantages for you. The book *The Enchanted World of Sleep* is not only giving you a lot more new information but also to become your friend when you really feel bored. You can spend your spend time to read your publication. Try to make relationship using the book *The Enchanted World of Sleep*. You never truly feel lose out for everything in case you read some books.

Ann Foley:

Now a day folks who Living in the era just where everything reachable by talk with the internet and the resources inside it can be true or not involve people to be aware of each details they get. How a lot more to be smart in having any information nowadays? Of course the solution is reading a book. Reading through a book can help persons out of this uncertainty Information specially this *The Enchanted World of Sleep* book as this book offers you rich data and knowledge. Of course the information in this book hundred pct guarantees there is no doubt in it you may already know.

Richard Ault:

This book untitled *The Enchanted World of Sleep* to be one of several books that best seller in this year, here is because when you read this reserve you can get a lot of benefit upon it. You will easily to buy this specific book in the book retail outlet or you can order it via online. The publisher of this book sells the e-book too. It makes you more readily to read this book, as you can read this book in your Smartphone. So there is no reason to you to past this reserve from your list.

Emmett Willett:

People live in this new day of lifestyle always aim to and must have the spare time or they will get large amount of stress from both lifestyle and work. So , once we ask do people have time, we will say absolutely indeed. People is human not just a robot. Then we consult again, what kind of activity are there when the spare time coming to a person of course your answer may unlimited right. Then ever try this one, reading publications. It can be your alternative with spending your spare time, the actual book you have read will be *The Enchanted World of Sleep*.

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