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ADVENTURES
IN THE
STRANGE
SCIENCE
OF SLEEP

DAVID K. RANDALL

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Dreamland Adventures In The Strange Science Of Sleep

David K Randall

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Dreamland: Adventures in the Strange Science of Sleep David K. Randall, 2012-08-13 Journalist David K Randall examines the science behind sleep

Dreamland: Adventures in the Strange Science of Sleep David K. Randall, 2012-08-13 An engrossing examination of the science behind the little known world of sleep Like many of us journalist David K Randall never gave sleep much thought That is until he began sleepwalking One midnight crash into a hallway wall sent him on an investigation into the strange science of sleep In Dreamland Randall explores the research that is investigating those dark hours that make up nearly a third of our lives Taking readers from military battlefields to children s bedrooms Dreamland shows that sleep isn t as simple as it seems Why did the results of one sleep study change the bookmakers odds for certain Monday Night Football games Do women sleep differently than men And if you happen to kill someone while you are sleepwalking does that count as murder This book is a tour of the often odd sometimes disturbing and always fascinating things that go on in the peculiar world of sleep You ll never look at your pillow the same way again

Sweet Dreams Curious Reader, 2012-09-15 Is it possible to kill someone while sleepwalking Why do football teams from the West Coast win more often in games against their East Coast opponents What is the meaning of our dreams You can find quick answers to these and many other questions related to sleep in this short summary of David K Randall s Dreamland Adventures in the Strange Science of Sleep This digest gives you the essence of Randall s book in a plain and simple language accessible even for learners of English For your convenience the book contains a section highlighting the essential facts as well as explanatory footnotes The Curious Reader series brings you accessible and entertaining short study guides to critically acclaimed books on a variety of subjects from history and philosophy to science and math Look out for more titles coming up soon

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Change the Narrative: How Reading 100 Books in a Year Changed Mine Elliot Yi, 2019-07-16 A journey that started without the intention of a transformation results in seismic change and growth Buckle in take a wild ride down the path of creating habits and changing mindsets

Mapping the Darkness Kenneth Miller, 2023-10-03 WINNER OF THE 2024 ASJA BOOK AWARD BIOGRAPHY HISTORY NAMED A BEST BOOK OF THE YEAR 2023 BY THE NEW YORKER NEW YORK TIMES EDITOR S CHOICE SELECTION From award winning journalist Kenneth Miller comes the definitive story of the scientists who set out to answer two questions Why do we sleep and How can we sleep better A century ago sleep was considered a state of

nothingness even a primitive habit that we could learn to overcome Then an immigrant scientist and his assistant spent a month in the depths of a Kentucky cave making nationwide headlines and thrusting sleep science to the forefront of our consciousness In the 1920s Nathaniel Kleitman founded the world's first dedicated sleep lab at the University of Chicago where he subjected research participants including himself to a dizzying array of tests and tortures But the tipping point came in 1938 when his cave experiment awakened the general public to the unknown and vital world of sleep Kleitman went on to mentor the talented but troubled Eugene Aserinsky whose discovery of REM sleep revealed the astonishing activity of the dreaming brain and William Dement a jazz bass playing revolutionary who became known as the father of sleep medicine Dement in turn mentored the brilliant maverick Mary Carskadon who uncovered an epidemic of sleep deprivation among teenagers and launched a global movement to fight it Award winning journalist Kenneth Miller weaves together science and history to tell the story of four outsider scientists who took sleep science from fringe discipline to mainstream obsession through spectacular experiments technological innovation and single minded commitment Readers will walk away with a comprehensive understanding of sleep and why it affects so much of our lives A propulsive utterly engrossing history None of it is simple and all of it is captivating The New York Times Mapping the Darkness offers two narratives at once a sweeping journey of discovery about dreams sleep and the terra incognita of unconsciousness and a wake up call about the dangers of chronic exhaustion It's time Mr Miller tells us to take our sleep back The Wall Street Journal

Dream Yoga Andrew Holecek, 2016-07-01 Lucid dreaming becoming fully conscious in the dream state has attracted legions of those seeking to explore their vast inner worlds Yet our states of sleep offer much more than entertainment Combining modern lucid dreaming principles with the time tested insights of Tibetan dream yoga makes this astonishing yet elusive experience both easier to access and profoundly life changing With Dream Yoga Andrew Holecek presents a practical guide for meditators lucid dreamers ready to go deeper and complete beginners Topics include meditations and techniques for dream induction and lucidity enhancing dream recall dream interpretation working with nightmares and more

Wild Nights Benjamin Reiss, 2017-03-07 Why the modern world forgot how to sleep Why is sleep frustrating for so many people Why do we spend so much time and money managing and medicating it and training ourselves and our children to do it correctly In Wild Nights Benjamin Reiss finds answers in sleep's hidden history one that leads to our present sleep obsessed society its tacitly accepted rules and their troubling consequences Today we define a good night's sleep very narrowly eight hours in one shot sealed off in private bedrooms children apart from parents But for most of human history practically no one slept this way Tracing sleep's transformation since the dawn of the industrial age Reiss weaves together insights from literature social and medical history and cutting edge science to show how and why we have tried and failed to tame sleep In lyrical prose he leads readers from bedrooms and laboratories to factories and battlefields to Henry David Thoreau's famous cabin at Walden Pond telling the stories of troubled sleepers hibernating peasants sleepwalking preachers cave dwelling sleep researchers

slaves who led nighttime uprisings rebellious workers spectacularly frazzled parents and utopian dreamers We are hardly the first people Reiss makes clear to chafe against our modern rules for sleeping A stirring testament to sleep's diversity Wild Nights offers a profound reminder that in the vulnerability of slumber we can find our shared humanity By peeling back the covers of history Reiss recaptures sleep's mystery and grandeur and offers hope to weary readers as sleep was transformed once before so too can it change today

Decode Your Dreams Dr Arundhati Hoskeri, 2025-01-21 Dive into the fascinating world of Sleep Dream Science with Decode Your Dreams a comprehensive guide to knowing the Sleep Stages REM Sleep and Sleep Cycles that shape our nightly experiences Explore the intricate Sleep Architecture of our minds unravel the mysteries of the Neuroscience of Dreaming from Brain Activity During Sleep to the role of Neurotransmitters like the Amygdala and Hippocampus in crafting our dreams Discover the profound benefits of dreaming from Emotional Regulation and memory consolidation to fostering problem solving and creativity Uncover the depths of Freudian and Jungian Dream Analysis from the Unconscious Mind to Dreams as Wish Fulfillment and Dream Symbol Interpretation Discover Common Dream Themes like Falling Flying and Being Chased and unravel the intricate Personal and Universal Dream Symbols It isn't just about exploration it's about empowerment Discover the art of Lucid Dreaming with effective techniques and its many benefits from heightened awareness to deeper self reflection Learn the art of Dream Journaling with tips for Dream Recording and Analyzing Dream Patterns to unlock more profound insights into your subconscious Enhance your Self Awareness and unlock creative potential with Practical Dream Applications Use dream Analysis Tools and Dream Incubation techniques for problem solving and personal growth Explore the future of Sleep Science and Dream Research from Emerging Dream Technologies to Neuroscience Breakthroughs and Multidisciplinary Dream Approaches This book is the culmination of my journey into the world of dreams From the science of sleep to psychological theories from common dream themes I've gathered a wealth of knowledge that I'm excited to share with you I have made this complex subject as simple as possible for readers of all age groups to understand and grasp

The Wrongful Conviction of Oscar Pistorius Brent Willock, 2018-05-08 Just when the world thought Oscar Pistorius meteoric rise to Olympic glory and international celebrity had terminated abysmally in prison Brent Willock's scientific perspective reopens this gripping narrative for an astonishing re view Olympian Oscar Pistorius spectacular ascent to fame ground to a screeching halt in the wee hours of Valentine's Day 2013 Hearing a sound emanating from his bathroom he grabbed his pistol and he stumbled to the washroom screaming at the intruders to leave Fearing someone was about to emerge to harm him and his girlfriend Reeva he fired four bullets into the bathroom Soon he realized he had killed his lover Horrified he summoned the authorities The investigating detective believed this was yet another case of an escalating argument where a man murdered his partner World opinion is split Some believe Oscar Others are convinced he committed a despicable crime of passion Distinguished clinical psychologist Brent Willock brings an entirely new perspective to bear on these horrific events that Oscar's horrific actions occurred while he was in a state of paradoxical

sleep also known as parasomnia Throughout this book Willock uses scientific scrutiny and legal precedence to resolve the crucial anomalies surrounding the Oscar Pistorius trial Willock also discusses how mental health experts and the defense team might have overlooked the hypothesis of parasomnia that could have exonerated Oscar Millions who followed the Blade Runner s astonishing achievements uplifted and inspired by his triumph over physical adversity were crushed by his precipitous plunge from grace They were baffled Even Oscar himself in a television interview shortly before his sentencing achingly asked I always think How did this possibly happen How could this have happened At last Willock s elegant work responds to these poignant questions that have so plagued and pained Reeva s family friends Oscar and indeed the world

Midlife Maze Janis Clark Johnston,2017-02-16 Have you found yourself wilting in midlife and wondering what you might do to flourish in your remaining years Have you lost your way in the midlife maze due to a significant loss Did you lose your job or desired career advancement Did you separate or divorce Did your last child leave home Did your family experience a virtual storm of bankruptcy or lose your life savings in a financial meltdown Did you or someone in your family experience the loss of good health Or did you weather the death of a family member partner or friend Your loss story is personal Your path through winding passages during midlife is unique Perhaps the most important encouragement for your grieving process is to know this simple fact grieving is a natural healing response to loss rather than a pathological experience Midlife can be a time of reflection rebellion or reconnecting to old or new interests and activities It can also be a time when losses start to happen or begin to pile up divorce death of a loved one loss of a job or home the moving out and on of grown children and learning how to move forward can be a challenge Here a seasoned psychologist looks at the geography of loss in midlife the way it can affect us and what we can do to get back on track or redirect ourselves when necessary Through first hand stories and practical exercises the author leads readers through the midlife maze to a place of recovery purpose and peace

Becoming Insomniac L. Scrivner,2014-09-24 A study of the history of modern insomnia this book explores how poets journalists and doctors of the Victorian period found themselves in near universal agreement that modernity and sleep were somehow incompatible It investigates how psychologists philosophers and literary artists worked to articulate its causes and its potential cures *Driven to Distraction at Work* Ned Hallowell,2015-01-06 Identifying the underlying reasons why people really lose their ability to focus at work and drawing on case studies a leading authority on ADD and ADHD presents a set of reliable techniques that will help anyone regain control of their attention and most productive mental state in the workplace By the best selling author of *Driven to Distraction* 25 000 first printing *Insomnia* Marina Benjamin,2018-11-13 An insomniac s ideal sleep aid and that s a compliment With her collage of ruminations about sleeplessness Benjamin promises no real cure Her slim book is what the doctor ordered The Atlantic *Insomnia* is on the rise Villainous and unforgiving it s the enemy o f energy and focus the thief of our repose But can insomnia be an ally too a validator of the present moment of edginess and creativity Marina Benjamin takes on her personal experience of the condition her struggles with it her

insomniac highs and her dawning awareness that states of sleeplessness grant us valuable insights into the workings of our unconscious minds Although insomnia is rarely entirely welcome Benjamin treats it less as an affliction than as an encounter that she engages with and plumbs She adds new dimensions to both our understanding of sleep and going without it and of night and how we perceive darkness Along the way Insomnia trips through illuminating material from literature art philosophy psychology pop culture and more Benjamin pays particular attention to the relationship between women and sleep Penelope up all night unraveling her day s weaving for Odysseus the Pre Raphaelite artists depictions of deeply sleeping women and the worries that keep contemporary females awake Insomnia is an intense lyrical witty and humane exploration of a state we too often consider only superficially This is the song of insomnia and I shall sing it Marina Benjamin declares

Sleepwalker Kathleen Frazier, 2015-09-08 I came to in the middle of it like waking inside a horror movie silent scream and all Eyes wide open I was standing at an open window staring at the dizzying curve of Riverside Drive five floors below I d stopped somehow poised about to jump Growing up the good girl in an Irish American family full of drinkers and terrible sleepers Kathleen Frazier was twelve when her seemingly innocent sleepwalking turned dangerous Over the next few years she was a popular A student by day the star of her high school musical At night she both longed for and dreaded sleep Frazier moved to Manhattan in the 1980s hoping for a life in the theater but getting a run of sleepwalking performances instead Efforts to abate her malady with drinking failed miserably She became promiscuous looking for nighttime companionship Could a bed partner save her from flinging herself down a flight of stairs or out an open window Exhaustion stalked her and rest and love were seemingly out of reach This is the journey Frazier illuminates in her intimate memoir While highlighting her quest to beat her sleep terrors and insomnia this is ultimately a story of health hope and redemption

Put Your Intuition to Work Lynn A. Robinson, 2016-07-25 How we can harness the power of intuition to experience more happiness health and prosperity in every area of our business and personal lives May L McCarthy author of The Path to Wealth Intuition is the hot buzzword in business but specific guidelines on how to trust your gut have been sorely lacking Put Your Intuition to Work provides that missing link Business is about making money but it s also about making decisions There are relatively small decisions like when to call a meeting or which emails to answer quickly Then there are the big decisions that can make or break a business which product to launch whom to hire how to spend Hard work analytics past successes intelligence and a great business plan aren t enough anymore Many of us are scrambling to discover the path to success but have found instead that we ve lost our way Although many business leaders won t publicize it intuition is a key part of their decision making success Put Your Intuition to Work offers numerous compelling stories from entrepreneurs and executives about how they successfully use intuition in their daily lives It is an inspiring and practical guide to help you Make successful decisions when you don t have all the facts Tap into your passion as a personal source of guidance Discover the many ways to listen to your inner CEO When you are looking for help in utilizing and implementing the instinctual impulses that can be so

profound and valuable in every aspect of our lives start with Lynn Robinson's *Put Your Intuition to Work* You will be amazed and delighted Steve Lishansky author of *The Ultimate Sales Revolution* *The Healthiest People on Earth* John Howard Weeks, 2018-04-03 You've heard it before A healthful diet rich in plant based foods can prolong your life But how much could you really extend your time The Adventist enclave in Loma Linda California is America's only Blue Zone one of five regions on Earth where people live measurably longer about 10 years more than average as identified by National Geographic funded research This Blue Zone status is thanks largely to the foods Loma Linda residents and Adventists choose eat and the foods they choose not to eat Loma Linda was established in 1905 by the Adventist founder and prophet Ellen G White Her great grandson John Howard Weeks still lives there He knows firsthand what it's like to fall into the rut of unhealthy habits and to relearn how to live and eat in a healthy way Through the teachings of his family Weeks was able to conquer his temptations and embrace a healthy way of living He'll show you how to do the same no matter what your personal battle looks like In *The Healthiest People on Earth* Weeks shares the secrets of how anyone anywhere can create a Blue Zone of their own and live a longer healthier life A lively read full of exclusive family stories gainful tips and tricks happy home remedies and plant based recipes this book will be your first step on the journey to a longer healthier more fulfilling life This is not a book about religion it is about health and happiness It is possible to be healthy in body mind and spirit Start by eating like the healthiest people on Earth **Restless in Sleep Country** Paul Huebener, 2024-05-14 Sleep and the lack of it is a public obsession and an enormous everyday quandary Troubled sleep tends to be seen as an individual problem and personal responsibility to be fixed by better habits and tracking gadgets but the reality is more complicated Sleep is a site of politics culture and power In *Restless in Sleep Country* Paul Huebener pulls back the covers on cultural representations of sleep to show how they are entangled with issues of colonialism homelessness consumer culture technology and privacy the exploitation of labour and the effects of the Covid 19 pandemic Even though it almost entirely evades direct experience sleep is the subject of a variety of potent narratives each of which can serve to clarify and shape its role in our lives In Canada cultural visions of slumber circulate through such diverse forms as mattress commercials billboards comic books memoirs experimental poetry and bedtime story phone apps By guiding us through this imaginative landscape Huebener shows us how to develop a critical literacy of sleep Lying down and closing our eyes is an act that carries surprisingly high stakes going beyond individual sleep troubles *Restless in Sleep Country* illuminates the idea of sleep as a crucial site of inequity struggle and gratification *The Secret Life of Sleep* Kat Duff, 2014-03-18 Citing a high percentage of Americans who routinely experience sleep problems or shortages the award winning author of *The Alchemy of Illness* draws on a wide range of disciplines to reveal the healing benefits of sleep and argue for its prioritizing Publisher information

Whispering the Techniques of Language: An Psychological Quest through **Dreamland Adventures In The Strange Science Of Sleep David K Randall**

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