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turning pages well past your bedtime.” —Daniel Gilbert, professor of psychology at Harvard and author of *Stumbling on Happiness* "In *Why We Sleep*, Dr. Matt Walker brilliantly illuminates the night, explaining how sleep can make us healthier,

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safer, smarter, and
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Two factors here
are circadian
rhythm and sleep
pressure. In older
folk, the circadian
rhythm shifts so

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that melatonin is released earlier in the evening, signaling that it's time to sleep.

Second, we experience "sleep pressure" caused by the build-up of the chemical adenosine in our brains.

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you have enough
sleep last week? If
the reply to either
of those questions
is "no," that you
aren't alone. Two-

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thirds of adults in all
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Dreams will guide
you through a
revolutionary study
on sleep, teaching
you to harness its

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immense power. Your health, mood, longevity and productivity are only some aspects of your life deeply influenced by the way that you sleep. It is time you learn how.

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Why We Sleep is a canny pleasure that will have you turning pages well past your bedtime.” —Daniel Gilbert, professor of psychology at Harvard and author of Stumbling on Happiness "In Why We Sleep, Dr. Matt

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“Humans are not

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nature intended.
The number of
sleep bouts, the
duration of sleep,
and when sleep
occurs has all been
comprehensively
distorted by
modernity.” —
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chapters, we will learn precisely why and how sleep loss inflicts such devastating effects on the brain, linking it to numerous neurological and psychiatric conditions (e.g., Alzheimer's disease, anxiety, depression, bipolar

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disorder, suicide,
stroke, and chronic
pain), and on every
physiological
system of the body
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Then we turn to
how and why a lack
of sufficient sleep
leads to a

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quagmire of ill
health, disease,
and untimely
death—a wakeup
call to sleep if ever
there was one. Part
3 offers safe
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