



Sleep Thieves

Stanley Coren

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Sleep Thieves

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Sleep Thieves Stanley Coren

An eye-opening and engrossing exploration into the science and mysteries of sleep and sleeplessness from the bestselling author of *The Intelligence of Dogs*.

Is there some way to determine if you are getting enough sleep?

Do dogs and cats dream?

What are the ways to help children sleep through the night?

What role did sleep deficit play in the loss of the space shuttle Challenger and the nuclear accidents at Chernobyl and Three Mile Island?

Why is the shift to Daylight Savings Time dangerous?

Why do many sleeping medications actually make insomnia worse?

What was Leonardo da Vinci's technique for getting by with only an hour and a half of sleep each day?

The answers to these questions are in this fascinating and provocative book that will change the way you think about sleep.

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Why don't make it to be your habit? Right now, try to prepare your time to do the important act, like looking for your favorite reserve and reading a guide. Beside you can solve your trouble; you can add your knowledge by the reserve entitled Sleep Thieves. Try to the actual book Sleep Thieves as your pal. It means that it can for being your friend when you sense alone and beside that of course make you smarter than in the past. Yeah, it is very fortuned to suit your needs. The book makes you a lot more confidence because you can know anything by the book. So , let us make new experience in addition to knowledge with this book.

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