



The Promise of Sleep

By Christopher Vaughan William C. Dement

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Sleep better, live longer with the groundbreaking information and step-by-step program in this revolutionary book.

Healthful sleep has been empirically proven to be the single most important factor in predicting longevity, more influential than diet, exercise, or heredity. And yet we are a sleep-sick society, ignorant of the facts of sleep--and the price of sleep deprivation. In this groundbreaking book, based on decades of study on the frontiers of sleep science, Dr. William Dement, founder and director of the Stanford University Sleep Research Center, explains what happens when we sleep, when we don't, and how we can reclaim the most powerful--and underrated--health miracle of all.

Taking us on a fascinating tour of our sleeping body and mind, Dr. Dement reveals the price we have paid for ignoring sleep--an epidemic of heart disease, 33 percent of traffic-fatigue-related accidents, and immeasurable mental and psychological disadvantages. And he offers a hands-on prescription for vibrant good health and longevity, including...self-tests to determine how much sleep you really need...the role of prescription and over-the-counter sleeping aids...the latest research on how sleep affects the immune system...how to combat insomnia, snoring, and jet lag...plus information on sleep disorder clinics nationwide, Web sites, and more.

Taking readers on a fascinating tour of our sleeping body and mind,

Dr. William C. Dement reveals the price paid for ignoring sleep--an epidemic of heart disease, traffic-fatigue-related accidents (responsible for a full third of all traffic accidents), and immeasurable mental and psychological disadvantages. Offering a hands-on prescription for vibrant good health and longevity, **THE PROMISE OF SLEEP** includes self-tests to determine how much sleep you really need, full information on the role of prescription and over-the-counter sleeping aids, the latest research on how sleep affects the immune system, helpful methods for combating insomnia, snoring, and jet lag, plus information on sleep disorder clinics nationwide, sleep disorder Web sites, and more. -->

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The Promise of Sleep By Christopher Vaughan William C. Dement Bibliography

- Sales Rank: #14084568 in Books
- Published on: 1999
- Format: Import
- Binding: Paperback
- 528 pages

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Editorial Review

Amazon.com Review

"We are a sleep-sick society," says William C. Dement, M.D., Ph.D. According to Dr. Dement, "sleep science" has yielded a great deal of scientific knowledge about sleep--yet the general public, and even doctors, aren't aware of it. Sleep disorders are routinely misdiagnosed or ignored, sometimes resulting in medical tragedy and death, frequently leading to chronic exhaustion. In *The Promise of Sleep*, Dr. Dement aims to remedy that by making the latest sleep information accessible to health professionals and lay readers. He describes the sleep cycle and gives a short history of sleep research. Then he dives into clear and detailed explanations of concepts and conditions we've all heard about, but that few of us understand: sleep debt, biological clock, circadian rhythm, insomnia, sleep apnea, narcolepsy. He discusses why we need sleep (sounds obvious, but it isn't) and the role of dreams. After 300 pages of sleep facts, Dr. Dement teaches you how to "reclaim healthy sleep" in your own life. You learn to assess your personal sleep situation by keeping a sleep diary, measuring your sleep debt, and evaluating your risk of sleep disorders; find appropriate treatment; manage sleep crises; and adopt a "sleep-smart lifestyle." A three-week "sleep camp" program at the end helps you put all the strategies together. This book will put you to sleep--and that's meant as praise!
--Joan Price

From Publishers Weekly

America is in the midst of an epidemic of sleep disorders, according to Dement, a sleep researcher since 1952, the founder the world's first sleep-disorder clinic and past chairman of a commission that presented a report to Congress in 1992, "Wake Up America! A National Sleep Alert." But for all the general population knows about the principles of healthy sleep, he laments, "I might as well have been running a chain of beauty parlors for the last four decades." However, anyone who even glances through this informative and impassioned volume will know that Dement hasn't spent his time hovering over a hairdryer. The subject may be sleep, but its treatment is not soporific; with the able help of Vaughan, Dement presents the results of his and others' lifework in pithy and accessible terms. Readers will be jolted awake by a multitude of facts (sleep apnea can lead to heart failure or stroke, fatigue caused the Exxon Valdez and space shuttle Challenger disasters and motorist sleepiness accounts for 33% of traffic accidents). Besides scientific data on sleep and much advice on sleep hygiene, there are self-tests for sleepiness as well as a scenario for a restorative "sleep camp." Appendices list sleep-disorder clinics nationwide, definitions of sleep disorders and Web sites. Dement offers an outstanding book on a surprisingly overlooked subject. Author tour.
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From Library Journal

Wake up, America! After four decades of sleep research, Dement, the grand old man in this field, wrote this book to penetrate the public consciousness with what is factually known about sleep. He states that the world is living in such a perpetual state of sleep deprivation that we have come to accept it as the norm. Dement makes a convincing case for lack of sleep being the hidden cause of many accidents and deaths, including the infamous Exxon Valdez disaster. His chilling description of the effects of apnea will motivate readers who snore to see their physicians. He also details what is known about dreams, insomnia, and rare, fascinating disorders such as narcolepsy, sometimes in exhaustive detail. The last section details how to regain the healthy sleep many remember from their childhood and includes a list of sleep centers for more serious problems. This title should be a part of all consumer health collections.
-Kelly Hensley, Sherrod, East Tennessee State Univ Lib., Johnson City
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Users Review

From reader reviews:

Maria Vanness:

Do you considered one of people who can't read enjoyable if the sentence chained inside the straightway, hold on guys this specific aren't like that. This The Promise of Sleep book is readable by simply you who hate those straight word style. You will find the information here are arrange for enjoyable reading through experience without leaving actually decrease the knowledge that want to offer to you. The writer involving The Promise of Sleep content conveys thinking easily to understand by many people. The printed and e-book are not different in the content material but it just different as it. So , do you still thinking The Promise of Sleep is not loveable to be your top collection reading book?

Sophia Hartman:

Information is provisions for anyone to get better life, information these days can get by anyone on everywhere. The information can be a understanding or any news even a concern. What people must be consider while those information which is within the former life are hard to be find than now's taking seriously which one works to believe or which one the actual resource are convinced. If you receive the unstable resource then you have it as your main information you will have huge disadvantage for you. All those possibilities will not happen inside you if you take The Promise of Sleep as the daily resource information.

Esther Belote:

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Lorenzo McAvoy:

In this period of time globalization it is important to someone to receive information. The information will make professionals understand the condition of the world. The healthiness of the world makes the information better to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You can observe that now, a lot of publisher in which print many kinds of book. The book that recommended to your account is The Promise of Sleep this reserve consist a lot of the information with the condition of this world now. This kind of book was represented how can the world has grown up. The dialect styles that writer use to explain it is easy to understand. The actual writer made some exploration when he makes this book. Here is why this book acceptable all of you.

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