



Counting Sheep

the science and pleasures of sleep and dreams

Paul Martin

Counting Sheep The Science And Pleasures Of Sleep And Dreams

Paul R. Martin



Counting Sheep The Science And Pleasures Of Sleep And Dreams:

Counting Sheep Paul Martin, **Counting Sheep** Paul R. Martin, 2002 An overview of that most vital most underrated and most elusive of human activities sleep Paul Martin looks at the purposes of sleep drawing on neuroscience and classic literature to do so We spend one third of our lives asleep but know hardly anything about it and can remember so little of it as we come out of it Why Does sleeping keep us sane Are dreams the place we go to resolve our problems emasculate our fears and rehearse our hopes Why are we paralysed when we dream Why did sleep evolve And is anybody getting enough sleep Counting Sheep Paul Martin, 2024-05-01 A study of sleep that reveals its mysteries and sings its praises A choice example of science writing that entertains as it educates Kirkus Reviews Does the early bird really catch the worm or end up healthy wealthy and wise Can some people really exist on just a few hours sleep a night Does everybody dream Do fish dream How did people cope before alarm clocks and caffeine And is anybody getting enough sleep Even though we will devote a third of our lives to sleep we still know remarkably little about its origins and purpose Paul Martin's Counting Sheep answers these questions and more in this illuminating work of popular science Even the wonders of yawning the perils of sleepwalking and the strange ubiquity of nocturnal erections are explained in full To sleep to dream Counting Sheep reflects the centrality of these activities to our lives and can help readers respect understand and extract more pleasure from that delicious time when they're lost to the world Praise for Counting Sheep Scientist Martin is on a mission to cure our sleep sick society and convince us for our own good to start taking sleep more seriously Pithy wry and earthily humorous this book is Martin's manifesto for a healthier society A writer fully in command of his subject and his style Martin reveals just how deeply and madly we pay for our collective indifference to the value of so simple a pleasure as a good night's sleep Publishers Weekly Energetic and immensely readable this is as good a popular science book as I have read Evening Standard UK Everything you could possibly wish to know about sleep lack of sleep dreams sleepwalking nightmares snoring napping and sudden sleep death syndrome Marvelous The Sunday Times UK **101 Questions about Sleep and Dreams, 2nd Edition** Faith Hickman Brynie, 2013-01-01 As in previous books in this critically acclaimed series Brynie polled hundreds of high school students across the country to find out what they wanted to know most about sleep and dreams Using an accessible question and answer format Brynie helps readers discover and learn facts about the physical emotional and social topics surrounding sleeping and dreaming including how and why we sleep sleep disorders and sleep and the brain **Sleep and Learning** Gary R. Plaford, 2009-06-16 The gradual and cumulative sleep deprivation that many students endure not only makes them too tired to focus well but also hampers memory consolidation and motivation If we really want to improve school performance and graduation rates we cannot afford to overlook something as basic and critical as sleep Additionally if we want to make an impact on both the physical and mental health of individuals in our society which impacts mortality rates health care health insurance rates the aging process etc we need to begin by educating our youth about the relevance of

sleep The Brain Training Revolution Paul E. Bendheim, 2009 An important book a proven and practical guide Steven H Ferris PhD director Alzheimer s Disease Center NYU Regain Retrain and Maintain Your Brain Help Prevent Memory Loss Increase Brain Agility Reduce Risk of Alzheimer s Because memory loss is the number one health concern of Americans over forty five The Brain Training Revolution is a valuable weapon on the battleground of aging You have the power to grow and strengthen your brain minimize the severity of age associated memory lapses and reduce your risk of Alzheimer s disease You can greatly influence the vitality of your brain You can guard against brain disease It s never too late to start the Brain Training Revolution and the scientific evidence is clear you will feel better and your body and brain will benefit The Brain Training Revolution offers a unique three part prescription for a brain healthy life Boost Brain Health Help Prevent Memory Loss Increase Brain Agility Reduce Risk of Alzheimer s This innovative step by step guidebook and DVD show you how to fight off memory loss and Alzheimer s disease how to blunt the assaults of aging and how to perform at the mental level you desire in your fifties sixties seventies and beyond Dr Paul Bendheim founder of the brain health firm BrainSavers LLC has created a lifestyle plan that incorporates medical evidence based brain healthy eating modest physical exercise and challenging mental exercises some included here in color for an extra brain workout all of which you can adapt to your own comfort level You ll find out more about What to expect as your brain gets older How to boost your brain s performance in midlife and beyond while combating normal age associated memory loss How to protect and strengthen the memory maker in your brain the small sea horse shaped structure called the hippocampus How modest lifestyle adjustments can make a huge difference in maintaining a healthy brain The importance of plasticity and brain reserve how you can better your brain at any age The features of the brain that are critical to healthy brain aging How to work out your brain using full color illustrations Simple things you can do every day to keep your brain healthy and functioning at its peak These big three components for brain fitness along with stress management and a good night s sleep add up to a complete and proven plan for healthy brain aging that your mind will thank you for Brainsavers.com A BrainSavers Book Bonus DVD includes interactive mental exercises With skill clarity and grounding in research Paul Bendheim has put together a highly practical program that explains how to achieve lifelong brain health Kenneth S Kosik MD codirector Neuroscience Research Institute and Harriman Professor of Neuroscience University of California Santa Barbara *Snooze... or Lose!* Carol Whiteley, Dr. Helene A. Emsellem, M.D., 2006-07-28 Walk into any first period high school classroom and it s obvious teenagers are exhausted Sleep deprivation is an epidemic as widespread as obesity and just as damaging Fortunately science has answers and Dr Helene Emsellem has solutions that all parents can use Affecting the lives of more than 41 million adolescents in the United States alone sleep deprivation is a chronic problem for kids today We know this intuitively as we watch teenagers frantically juggle a hectic social calendar with the overwhelming demands of school work and chores School performance around the country is suffering but it s not just grades that are at risk Sleep deprivation has been found to affect nearly every aspect of a

teenager's life from emotional stability and behavioral issues to physical well being and the potential for drug and alcohol abuse For years we've blamed many of these adolescent characteristics on the natural maturing process or changing hormones And while chemicals do surge through the body creating strong effects sleep the right amount and the right kind has now been targeted for its prime importance in overall success and well being *Snooze* Michael McGirr,2017-06-06

Michael McGirr always had trouble sleeping The arrival of baby twins however made him realize that he'd never before known true exhaustion And while he celebrated these small children who brought him so much joy and tiredness he found himself on a desperate and bone weary journey in search of just a few extra winks a night It was an adventure that would teach him more about what exactly sleep is why we need it and what it means when we don't get enough of it In *Snooze* McGirr delves into the mysterious world of sleep including its many benefits its stubborn elusiveness and exactly what our brains really get up to while we're in bed He offers readers a tour through the odd sleep patterns of some of history's greatest minds including Aristotle Homer Shakespeare Florence Nightingale Thomas Edison and more He looks too at the demise of sleep in our increasingly fragmented modern world and examines what that means for everyone from the Average Joe in the workplace to those with serious sleep disorders The result is both entertaining and enlightening the perfect book for those sleepless nights *Insomniac* Gayle Greene,2008-03-10 Describes the causes effects treatment options and research in the field of insomnia

Sleep, Memory and Synaptic Plasticity Sushil K. Jha,Vibha M. Jha,2019-02-25 Over the years there has been growing interest among the scientific community in investigating sleep and how it affects the memory and other brain functions It is now well established that sleep helps in memory consolidation and induction of neural plasticity and that short term deprivation of either total sleep or rapid eye movement sleep alone can induce memory deficits very quickly Quantitative and qualitative changes in sleep architecture after different training tasks further suggest that discrete memory types may require specific sleep stages for optimal memory consolidation and studies indicate that sleep deprivation alters synaptic plasticity and membrane excitability in the hippocampal neurons and synaptic up scaling in the cortical neurons Further sleep alteration during pregnancy may increase the risk of depression and adversely affect maternal child relationships parenting practices family functioning and children's development and general wellbeing This book coherently discusses all these aspects with a particular focus on the possible role of sleep in memory consolidation and synaptic plasticity It also highlights the detrimental effects of sleep loss on mental health the immune system and cognition This book is a valuable reference resource for students and researchers working in the area of sleep memory or neuronal plasticity

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