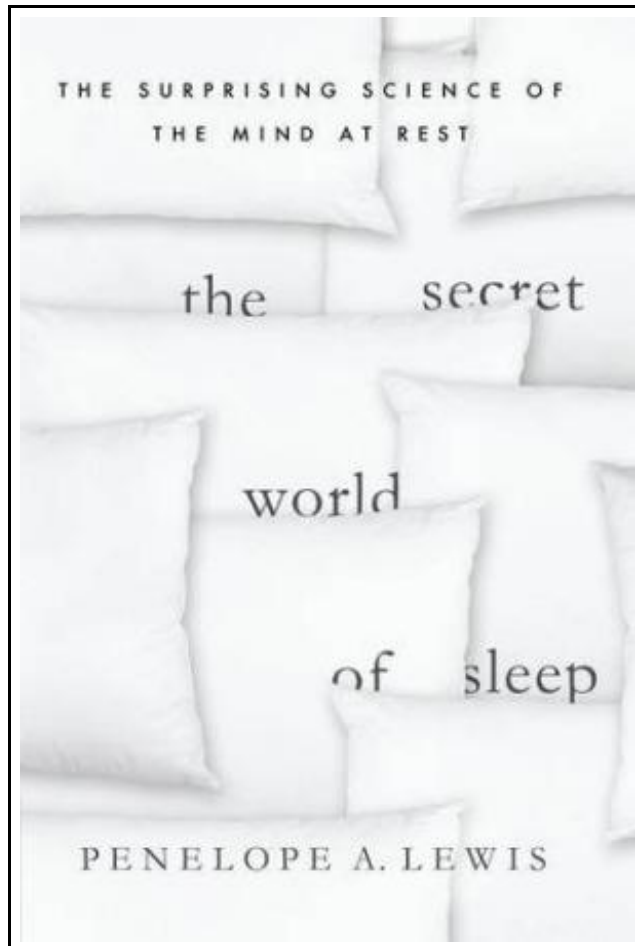


## The Secret World of Sleep: The Surprising Science of the Mind at Rest



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## THE SECRET WORLD OF SLEEP: THE SURPRISING SCIENCE OF THE MIND AT REST



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Macmillan. 1 Cloth(s), 2013. hard. Book Condition: New. Science has uncovered many ways our own brains trip us up, from their propensity toward irrational thought to intuitions that deceive us. Yet there is new research on sleep, notes neuroscientist Penny Lewis, that points in the opposite direction; we are discovering the truth behind folk wisdom like "sleeping on a problem," and how our always-busy brains radically improve our minds through sleep and dreams. Lewis explains how, while our body rests, the brain practices tasks that it learned during the day, replays traumatic events to mollify them, and forges connections between separate concepts. By understanding the roles that the nocturnal brain plays in our waking life, Lewis posits, we can improve the relationship between the two, and even boost creativity and become smarter. "There is much to fascinate in this nippy primer on the biology and behavior associated with snoozing . from the latest on narcolepsy to the sleep-inhibiting qualities of smoked meat, this is wide-awake science."Nature"Most of us have some vague impression of the scientific explanations for sleepresting, reorganizing our thoughts, etc.but probably no real idea of why or how these things work; luckily Lewis is able to fill in the gaps in her concise and accessible book. As director of Sleep and Memory Lab at the University of Manchester, she is an authority in field and presents her research in an easy-to-read manner. The book starts with the basics: what is sleep? Lewis offers a working 'loose definition,' that it's 'an inactive time during which an organism responds less than usual when poked or disturbed, but from which it can be roused if danger threatens.' From there she explores several possible 'reasons' for sleep, including the way the sleeping brain bolsters our ability to remember things (like someone's name,...



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