



The Enchanted World of Sleep

By Peretz Lavie

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Why do we sleep? How much sleep do we really need? What causes sleep apnea, narcolepsy, and insomnia—and what can be done about these sleep disorders?

Why do older people have more trouble sleeping than young people? We have all puzzled over—or been plagued by—the mysteries of sleep. Now a leading researcher on sleep provides an engaging and informative introduction to the subject that answers many of our questions.

Peretz Lavie surveys the entire field of sleep research and sleep medicine—from the structure of sleep stages and the brain centers involved in sleep regulation to the reasons for and significance of dreams, the importance of sleep in maintaining good health, and the function of biological rhythms—interweaving facts with fascinating case histories, anecdotes, and personal reflections. We learn, for example, about:

- development of sleep patterns from infancy to adulthood and in the aged;
 - the wide variety of sleep habits in animals;
 - dreams of Holocaust survivors;
 - sleep under the threat of Scud missile attacks;
 - how melatonin influences sleep;
 - the story of the "Acrobat's Leap" sleep-deprivation experiments in the Israeli army;
 - how to treat insomnia;
 - what to do with a baby who refuses to go to sleep;
- and much more.

Originally published in Hebrew to great acclaim, this book will enlighten and entertain everyone interested in how and why we sleep.

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Editorial Review

Amazon.com Review

Most of us take sleep for granted, except of course on those long nights when it refuses to come. But for Peretz Lavie, head of the Sleep Laboratory at the Technion-Israel Institute of Technology in Haifa, sleep is every bit as important as wakefulness. Amidst the anecdotes, stories and literature can be found revealing sleep research such as the study of a group of students in Israel during the Gulf War, who, five weeks into the conflict, reported that half their dreams dealt with the war and that the most common recurring image was the gas mask.

From Publishers Weekly

Unlike last year's *Night* by A. Alvarez, this analysis of the mechanics of sleep includes little literature or art and whatever history it contains is strictly about the people and events germane to the science of sleep. Readers will have to find their enchantment where Lavie does?in the research and facts themselves. In enthusiastic prose (even when discussing the decline of sleep research, he talks about "the golden era of earth-shaking discoveries" when "every night held the chance of a new and thrilling revelation, with researchers anxiously awaiting the morning so that they could report on the night's findings"), Lavie describes each phase of sleep, its rhythm and its disturbances; REM and dreams; sleep deprivation; jet lag; and sleep disorders such as insomnia, sleep apnea and narcolepsy. Lavie is the dean of the faculty of medicine and head of the sleep laboratory at the Technion in Haifa, and his most interesting discussions are often peculiar to circumstances in Israel: the observation that Holocaust survivors who adjusted well to life in Israel were less likely to remember dreams (any dreams) than those who had not; the situational insomnia that resulted from the threat of missile attack during the Gulf war; the mystery of the Jewish narcoleptics (after extensive research, Lavie recorded only a dozen or so, 100 times fewer than expected). There are some how-to tips that seem a little out of place, and only a scientist is going to find a molded mask and an air compressor worn to correct sleep apnea "so simple as to be pure genius." But for those who want to know what happens when the ability to "know" is suspended, this is a clear and earnest introduction.

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From Library Journal

Lavie, who received most of his professional training in the United States, is currently dean of the medical faculty and head of the Sleep Laboratory at the Technion-Israel Institute of Technology in Haifa. In this wonderfully detailed and engrossing account, Lavie describes our historical fascination with sleep and reviews notable research in the field. Among the topics he covers are the physiological changes that occur during a normal period of sleep, sleep disorders, the purpose of dreams, and the "evolution" of the sleep cycle from birth to old age. His discussion of what a patient undergoes during a typical night in the sleep lab is especially compelling. This excellent overview of the sleep process is both authoritative and elegantly written. Highly recommended for students and for general readers in public and academic libraries. ?Laurie Bartolini, Legislative Research Unit, Springfield, Ill.

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Users Review

From reader reviews:

Paul Howell:

Why don't make it to be your habit? Right now, try to prepare your time to do the important behave, like looking for your favorite book and reading a guide. Beside you can solve your problem; you can add your knowledge by the publication entitled The Enchanted World of Sleep. Try to face the book The Enchanted World of Sleep as your pal. It means that it can to become your friend when you experience alone and beside that course make you smarter than ever. Yeah, it is very fortuned for yourself. The book makes you considerably more confidence because you can know every little thing by the book. So , let's make new experience and knowledge with this book.

James Vera:

The book The Enchanted World of Sleep has a lot info on it. So when you read this book you can get a lot of gain. The book was written by the very famous author. The author makes some research just before write this book. This kind of book very easy to read you can get the point easily after reading this article book.

Jason Scott:

Within this era which is the greater individual or who has ability to do something more are more valuable than other. Do you want to become certainly one of it? It is just simple method to have that. What you should do is just spending your time almost no but quite enough to possess a look at some books. One of many books in the top listing in your reading list is The Enchanted World of Sleep. This book that is qualified as The Hungry Slopes can get you closer in turning into precious person. By looking way up and review this book you can get many advantages.

Crystal Lavigne:

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