

Contents

PREFACE TO THE AMERICAN EDITION	<i>vii</i>
PREFACE	<i>ix</i>
1. A Historical View of Sleep	<i>3</i>
2. Scientists Investigate Sleep: The Different Stages of Sleep	<i>16</i>
3. Sleep: A Theme with Variations	<i>31</i>
4. Dreams	<i>48</i>
5. Sleep and Sleeping Pills	<i>70</i>
6. "I Didn't Sleep a Wink All Night": Insomnia and Disorders of Sleeping and Waking	<i>87</i>
7. Sleep in Animals	<i>105</i>
8. Sleep and the Brain	<i>122</i>
9. The Search for Endogenous Sleep Substances	<i>136</i>
10. Sleep Deprivation	<i>151</i>

11. Sleep as a Biological Rhythm	170
12. The Purpose of Sleep	191
APPENDIX: Sleep Disorders Information Leaflet	207
NOTES	210
BIBLIOGRAPHY	213
INDEX	223