# Contents

### - Part 1 -This Thing Called Sleep

Chapter 1	To Sleep	3
Chapter 2	Caffeine, Jet Lag, and Melatonin: Losing and Gaining Control of Your Sleep Rhythm	13
Chapter 3	Defining and Generating Sleep: Time Dilation and What We Learned from a Baby in 1952	38
Chapter 4	Ape Beds, Dinosaurs, and Napping with Half a Brain: Who Sleeps, How Do We Sleep, and How Much?	56
Chapter 5	Changes in Sleep Across the Life Span	78
	- Part 2 - Why Should You Sleep?	
Chapter 6	Your Mother and Shakespeare Knew: The Benefits of Sleep for the Brain	107
Chapter 7	Too Extreme for the <i>Guinness Book of World Records</i> : Sleep Deprivation and the Brain	133
Chapter 8	Cancer, Heart Attacks, and a Shorter Life: Sleep Deprivation and the Body	164
	<ul><li>Part 3 -</li><li>How and Why We Dream</li></ul>	
Chapter 9	Routinely Psychotic: REM-Sleep Dreaming	193
Chapter 10	Dreaming as Overnight Therapy	206
Chapter 11	Dream Creativity and Dream Control	219

#### CONTENTS

#### - Part 4 -

## From Sleeping Pills to Society Transformed

Chapter 12	Things That Go Bump in the Night: Sleep Disorders and Death Caused by No Sleep	237
Chapter 13	iPads, Factory Whistles, and Nightcaps: What's Stopping You from Sleeping?	265
Chapter 14	Hurting and Helping Your Sleep: Pills vs. Therapy	282
Chapter 15	Sleep and Society: What Medicine and Education Are Doing Wrong; What Google and NASA Are Doing Right	296
Chapter 16	A New Vision for Sleep in the Twenty-First Century	324
Conclusion: To Sleep or Not to Sleep		340
Appendix: Twelve Tips for Healthy Sleep		34]
llustration Permissions		343
cknowledgments		344