

# CONTENTS

	ACKNOWLEDGMENTS	vii
1	INTRODUCTION	i
2	FORMING THE COUPLE SYSTEM: LEARNING TO SHARE A BED	13
3	THE BED	25
4	GOING TO BED	37
5	ACTIVITIES IN THE TRANSITION FROM AWAKE TO SLEEP	49
6	TEMPERATURE PREFERENCES	65
7	TALKING AND TOUCHING	77
8	ANGER AND THE COUPLE BED	93
9	ILLNESS AND INJURY	105
10	HOW CAN YOU SLEEP SO SOUNDLY WHEN I'M SO WIDE AWAKE?	113
11	OUTSIDE INTRUSIONS INTO COUPLE SLEEP	123

12	BATHROOM TRIPS, TOSSING AND TURNING, RESTLESS LEGS, SLEEP TALKING, GRINDING TEETH, AND NIGHTMARES	131
13	SNORING AND SLEEP APNEA	147
14	SAFETY, INTIMACY, AND WHY COUPLES SLEEP TOGETHER	161
15	WAKING UP IN THE MORNING	177
16	WEEKENDS	183
17	EVERYDAY LIFE AND THE COUPLE SYSTEM	189
	APPENDIX	199
	REFERENCES	203
	NAME INDEX	213
	SUBJECT INDEX	217