

# VERY SHORT INTRODUCTIONS



# Sleep A Very Short Introduction

**Michael J. Benton**



## **Sleep A Very Short Introduction:**

**Sleep: A Very Short Introduction** Steven W. Lockley, Russell G. Foster, 2012-03-22 This Very Short Introduction addresses the biological and psychological aspects of sleep providing a basic understanding of what sleep is and how it is measured a look at sleep through the human lifespan and the causes and consequences of major sleep disorders Publisher's web site [The Very Short Introductions Blog Book](#) Oxford University Press, 2014-09-01 In this free Very Short Introductions Blog Book we've gathered 30 of our VSI authors' very best blog posts on topics including history politics science and more We hope you enjoy this glimpse into the passion insight and great writing that characterizes these authors and the Very Short Introductions series *Dreaming* J. Allan Hobson, 2005-04-21 What is dreaming and what causes it Why are dreams so strange and why are they so hard to remember Replacing dream mystique with modern dream science J Allan Hobson provides a new and increasingly complete picture of how dreaming is created by the brain Focusing on dreaming to explain the mechanisms of sleep this book explores how the new science of dreaming is affecting theories in psychoanalysis and how it is helping our understanding of the causes of mental illness J Allan Hobson investigates his own dreams to illustrate and explain some of the fascinating discoveries of modern sleep science while challenging some of the traditionally accepted theories about the meaning of dreams He reveals how dreaming maintains and develops the mind why we go crazy in our dreams in order to avoid doing so when we are awake and why sleep is not just good for health but essential for life ABOUT THE SERIES The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area These pocket sized books are the perfect way to get ahead in a new subject quickly Our expert authors combine facts analysis perspective new ideas and enthusiasm to make interesting and challenging topics highly readable

**The Sage Encyclopedia of Mood and Anxiety Disorders** Dara G. Friedman-Wheeler, Amy Wenzel, 2024-10-24 Courses in psychological distress and disorders are among the most popular courses in psychology programs and mood and anxiety disorders are among the most prevalent disorders covered in these classes and encountered by mental health professionals Although there are books on mood and anxiety disorders on particular aspects of them and on their presentation in specific populations such works do not provide students new to the field with a comprehensive and accessible ready reference for understanding these disorders with respect to their phenomenology etiology and treatment and through an inclusive lens that consistently considers how these symptoms appear and are construed across cultures addressing societal factors such as race culture equity and oppression It is hoped that The SAGE Encyclopedia of Mood and Anxiety Disorders will fill this gap allowing students and other interested readers to become familiar with past and current approaches and theories and to enhance their understanding of the sociocultural factors that affect how we discuss approach and treat these types of psychological distress As such consideration of sociocultural factors will infuse the three volume set The encyclopedia will consist of approximately 450 entries essays arranged alphabetically within three volumes [iMind](#) Mohamed I.

Elmasry,2024-08-29 Why has so much of our recent attention been focused on AI while RI is all but forgotten And why are we spending so much energy debating the future of AI rather than that of its human original Why can t those who are concerned about AI and those who care about RI talk to one another using a common language iMind Artificial and Real Intelligence is the first comprehensive popular science account of AI and RI Unique in scope it discusses the interdisciplinary science of AI RI smartphones smart sensors microchips and the brain mind connection It explores what is beyond the physical including mindfulness and spirituality and how they can impact our wellbeing in the here and now and how they can help us achieve a healthy and fulfilling old age Mohamed I Elmasry PhD FIEEE FRSC FCAE FEIC is Emeritus Professor of Computer Engineering at the University of Waterloo

Home John S Allen,2015-12-29 A leading anthropologist studies the science behind feeling at home to show us how home made us human Home is where the heart is Security comfort even love are all feelings that are centered on the humble abode But what if there is more to the feeling of being at home Neuroanthropologist John S Allen believes that the human habitat is one of the most important products of human cognitive technological and cultural evolution over the past two million years In Home Allen argues that to feel at home is more than just an expression but reflects a deep seated cognitive basis for the human desire to have use and enjoy a place of one s own Allen addresses the very basic question How did a place to sleep become a home Within human evolution he ranks house and home as a signature development of our species as it emerged alongside cooperative hunting language and other critical aspects of humanity Many animals burrow making permanent home bases but primates generally speaking do not most wander making nests at night wherever they might find themselves This is often in home territory but it isn t quite home Our hominid ancestors were wanderers too so how did we over the past several million years find our way home To tell that story Allen will take us through evolutionary anthropology neuroscience the study of emotion and modern sociology He examines the home from the inside of our heads out homes are built with our brains as much as with our hands and tools Allen argues that the thing that may have been most critical in our evolution is not the physical aspect of a home but developing a feeling of defining creating and being in a home whatever its physical form The result was an environment relatively secure against whatever horrors lurked outside that enabled the expensive but creative human mind to reach its full flowering Today with the threat of homelessness child foster care and foreclosure this idea of having a home is more powerful than ever In a clear and accessible writing style Allen sheds light on the deep cognitive sources of the pleasures of having a home the evolution of those behaviors and why the deep reasons why they matter Home is the story about how humans evolved to create a space not only for shelter but also for nurturing creativity innovation and culture and why feeling at home is a fundamental aspect of the human condition

**Sleep and the Novel** Michael Greaney,2018-04-04 Sleep and the Novel is a study of representations of the sleeping body in fiction from 1800 to the present day which traces the ways in which novelists have engaged with this universal indispensable but seemingly nondescript region of human experience Covering the

narrativization of sleep in Austen the politicization of sleep in Dickens the queering of sleep in Goncharov the aestheticization of sleep in Proust and the medicalization of sleep in contemporary fiction it examines the ways in which novelists envision the figure of the sleeper the meanings they discover in human sleep and the values they attach to it It argues that literary fiction harbours on its margins a sleeping partner one that we can nickname the Schlafroman or sleep novel whose quiet absorption in the wordlessness and passivity of human slumber subtly complicates the imperatives of self awareness and purposive action that traditionally govern the novel *Sleep in Early Modern England* Sasha Handley,2016-09-27 SELECT

BIBLIOGRAPHY INDEX **The History of Life: A Very Short Introduction** Michael J. Benton,2008-11-27 This Very Short Introduction presents a succinct and accessible guide to the key episodes in the story of life on earth from the very origins of life four million years ago to the extraordinary diversity of species around the globe today **First steps through**

**Insomnia** Simon Atkins,2014-03-21 Are you one of the many people who struggle to sleep at night and to stay awake during the day Does sleep or the lack of it dominate your life ruin your days and make everything twice as difficult as it should be Do you or the person you share a bed with snore Or do you have trouble getting your teenager into bed at night and out of it again the next morning If so First Steps through Insomnia is for you Written by a GP with years of experience in helping his patients with all kinds of sleep related conditions this practical book will take you through the right steps toward a life of blissful refreshing slumber First Steps is a successful series of short affordable self help books on a range of key topics Other titles in the series include Menopause Divorce Weight Problems Anxiety Bereavement Depression Eating Disorders Problem Gambling and Problem Drinking **Embodied** Gregg R. Allison,2021-05-11 We rarely give thought to our bodies until faced with a physical challenge or crisis We have somehow internalized the unbiblical idea that the immaterial aspect of our being our soul or spirit is inherently good while the material aspect our body is at worst inherently evil and at best neutral just a vehicle for our souls to get around So we end up neglecting or disparaging our bodies seeing them as holding us back from spiritual growth and longing for the day we will be free of them But the thing is we don t have bodies we are our bodies And God created us that way for a reason With Scripture as his guide theologian Gregg Allison presents a holistic theology of the human body from conception through eternity to equip us to address pressing contemporary issues related to our bodies including how we express our sexuality whether gender is inherent or constructed the meaning of suffering body image end of life questions and how to live as whole people in a fractured world **Bedtime Stories for Grown-ups** Ben

Holden,2016-10-06 There are few more precious routines than that of the bedtime story So why do we discard this invaluable ritual as grown ups to the detriment of our well being and good health In this groundbreaking anthology Ben Holden editor of the bestselling Poems That Make Grown Men Cry challenges how we think about life a third of which is spent asleep He deftly explores not only the science of sleep but also why we endlessly tell stories even to ourselves as we dream Holden combines his own illuminating storytelling with a treasure trove of timeless classics and contemporary gems Poems and short

stories fairy tales and fables reveries and nocturnes from William Shakespeare to Haruki Murakami Charles Dickens to Roald Dahl Rabindranath Tagore to Nora Ephron Vladimir Nabokov to Neil Gaiman are all woven together to replicate the journey of a single night's sleep Some of today's greatest storytellers reveal their choice of the ideal grown up bedtime story writers such as Margaret Drabble Ken Follett Tessa Hadley Robert Macfarlane Patrick Ness Tony Robinson and Warsan Shire Fold away your laptop and shut down your mobile phone Curl up and crash out with the ultimate bedside book one you'll return to again and again Full of laughter and tears moonlight and magic Bedtime Stories for Grown ups joyfully provides the dream way to end the day and begin the night

*Sleep Problems* Don Nardo, 2013-12-16 Everyone knows that a good night's sleep can make all the difference in the world This volume talks about sleep disorders It describes the different types of sleep disorders what research suggests about the causes of sleep disorders and how sleep disorders are treated and prevented

**Learning and the Affective Approach** Acene Fleurmons, 2017-05-16 My book Learning and the Affective Approach is a demonstration of the importance of affection love association and integration for kids preschoolers and schoolers in their immediate environment and learning journey That was an intellectual work that led us to a profound reflection on learning and on human intelligence which we redefined in chapter 1 which facilitates the learning process how we acquire knowledge what makes people appear more intelligent or less and what hinders the process of acquiescing knowledge Lastly we have come to understand why Benjamin Bloom had so much success with the publication of his Taxonomy of Educational Objectives Cognitive Domain in 1956 In addition we understood why David Krathwohl had to build upon Blooms ideas to publish a new book on educational taxonomy related to affection The former infuses cognitive notions into the kids mind and the latter relaxes it to facilitate the reception chapter 2

**Nodding Off** Alice Gregory, 2018-06-14 Sleep plays a crucial role in our waking lives and we need to start paying it more attention The latest research tells us that it's essential for learning and memory for mental health and physical well being and yet we tend to only think about it when it's proving a struggle Nodding Off leads you on a fascinating journey through the science of sleep as it evolves throughout our lives from babies to teenagers from middle age to the later years of our life there are constantly new challenges to our sleep Based on knowledge accumulated over almost two decades as a sleep researcher Professor Alice Gregory shares real life stories and interviews with other sleep experts to find the answers to questions such as Why do so many adolescents enjoy lying in at the weekends Why do children experiencing anxiety behavioural problems or attention deficit hyperactivity disorder so often have co occurring sleep problems Why are scientists turning to sleep disorders such as sleep paralysis to try to understand paranormal experiences With important tips on improving your sleep Nodding Off is an essential read for anyone who sleeps and more important still for those who don't get enough Fans of Matthew Walker's Why We Sleep will love this book

**Deep Mediations** Karen Redrobe, Jeff Scheible, 2021-03-09 The preoccupation with depth and its relevance to cinema and media studies For decades the concept of depth has been central to critical thinking in numerous humanities based

disciplines legitimizing certain modes of inquiry over others Deep Mediations examines why and how this is as scholars today navigate the legacy of depth models of thought and vision particularly in light of the surface turn and as these models impinge on the realms of cinema and media studies The collection s eighteen essays seek to understand the decisive but evolving fixation on depth by considering the term s use across a range of conversations as well as its status in relation to critical methodologies and the current mediascape Engaging contemporary debates about new computing technologies the environment history identity affect audio visual culture and the limits and politics of human perception Deep Mediations is a timely interrogation of depth s ongoing importance within the humanities Contributors Laurel Ahnert Taylor Arnold U of Richmond Erika Balsom King s College London Brooke Belisle Stony Brook University Jinhee Choi King s College London Jennifer Fay Vanderbilt U Lisa Han UC Santa Barbara Jean Ma Stanford U Shaka McGlotten Purchase College SUNY Susanna Paasonen U of Turku Finland Jussi Parikka U of Southampton Alessandra Raengo Georgia State U Pooja Rangan Amherst College Katherine Rochester VIA Art Fund in Boston Karl Schoonover University of Warwick UK Jordan Schonig Michigan State U John Paul Stadler North Carolina State U Nicole Starosielski New York U Lauren Tilton U of Richmond

Your Middle Years - Love Them. Live Them. Own Them. Paula Mee, Kate O'Brien, 2016-03-04 Don t fear your middle years embrace them feeling STRONG VIBRANT and in CONTROL OF YOUR DESTINY Authors PAULA MEE and KATE O BRIEN had a lot of questions when they reached the menopause While doctors were matter of fact and friends had light hearted conversations about the changes occurring in their bodies there was no road map for what can if you re unprepared be a turbulent transition Your Middle Years provides just that Combining the authors joint expertise it shows that midlife and the menopause years are NOT a stumbling block but an opportunity to embrace maturity feeling energised refreshed and ready to take on the next phase of your life with gusto With advice on diet beauty sex sleep emotional health and more Your Middle Years will empower you before during and after the menopause helping you to anticipate and manage the changes **Life in Sync** Philippa Gander, 2025-10-21 Why we need to reconnect with nature s biological rhythms and rediscover the benefits of a good night s sleep All of life is profoundly shaped by the daily monthly and yearly cycles of our planet and all creatures have internal timekeeping systems that rely on cues from the surrounding environment With modern technology we are changing our environments and by proxy the ecosystems around us to override these innate rhythms of life But at what cost Life in Sync reveals how Earth s rotations shape our biology what human sleep cycles looked like before the advent of artificial light and why technology can t free us from the constraints of our circadian clocks Philippa Gander explores the science behind the biological rhythms that animate us and our world blending captivating storytelling with illuminating examples ranging from migratory birds and hibernating squirrels to jet lagged pilots and astronauts in space She shows how genetic circadian clocks are an ancient evolutionary adaptation that we share with all life on the planet and how our rapidly expanding use of artificial light at night disrupts the time cues for entire ecosystems Gander explains why cutting back on

sleep adversely affects our well being safety and longevity and how breakthroughs in sleep science offer solutions to bring our lives more in harmony with nature s rhythms An astonishing journey of scientific discovery Life in Sync unlocks the mysteries of biological time and offers new perspectives for anyone who has ever given up a good night s sleep for the sake of their hectic waking hours      **The SAGE Encyclopedia of Abnormal and Clinical Psychology** Amy Wenzel,2017-03-16 Abnormal and clinical psychology courses are offered in psychology programs at universities worldwide but the most recent major encyclopedia on the topic was published many years ago Although general psychology handbooks and encyclopedias include essays on abnormal and clinical psychology such works do not provide students with an accessible reference for understanding the full scope of the field The SAGE Encyclopedia of Abnormal and Clinical Psychology a 7 volume A Z work print and electronic formats is such an authoritative work Its more than 1 400 entries provide information on fundamental approaches and theories various mental health disorders assessment tools and psychotherapeutic interventions and the social legal and cultural frameworks that have contributed to debates in abnormal and clinical psychology Key features include 1 400 signed articles contained in 7 volumes and available in choice of print and or electronic formats Although organized A to Z front matter includes a Reader s Guide grouping related entries thematically Back matter includes a Chronology Resource Guide Bibliography and detailed Index Entries conclude with References Further Readings and Cross References to related entries The Index Reader s Guide themes and Cross References between and among entries all combine to provide robust search and browse features in the electronic version      **Crush Your Own Nightmare!** Harold Taylor,2022-02-03 This book contains an explanation of PTSD and C PTSD nightmares sleep disorders frightening images and detailed results of the intervention herein contained using living human beings Included in the book is a complete intervention that has been proven to be successful in the treatment of twenty one different patients in the total eradication of insomnia nightmares and in one case the complete disappearance of two frightening daytime images

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such artists as georgia o keeffe and in photographs of geronimo billy the kid and the rumored ufo landing site in roswell print length 96 pages language english publisher harry n abrams publication date march 1 1998 grade

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