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attempt to convey what he's learned about sleep in his 50+ years of study. The first section of the book deals with some fundamental concepts of sleep, including the biological clock and sleep debt.

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The promise of sleep : a pioneer in sleep medicine explores the vital connection between health, happiness, and a good night's sleep / William C. Dement and Christopher Vaughan.

## **Table of Contents: The promise of sleep**

Loss of sleep saps our ability to

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experience pleasure, cuts down our productivity and puts our bodies in harm's way: 33per cent of traffic accidents are traceable to daytime sleepiness. This text is a wake-up call to us all about the importance of taking sleep seriously as the foundation for good health.

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THE PROMISE OF SLEEP Dr William Dement, widely referred to as 'the father of sleep medicine' died on June 17 in Stanford California' aged 91. His mission was to educate the world about the importance of sleep, with his early motto being 'drowsiness is red alert'.

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**The Promise of Sleep - BSS**

Welcome to the Sleep Well, the personal site of Dr. William C. Dement, M.D., Ph.D., the world's leading authority on sleep, sleep disorders, and the dangers of sleep deprivation. He is the director and founder of the Stanford University Sleep Disorders Clinic and Research

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Center, the world's first sleep disorders center.

## **The Sleep Well - A Website By Dr. William Dement**

The Promise of Sleep aims to get your family sleeping better. We find out about self-settling, co-sleeping, how to choose a sleep consultant, and how parents can

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deal with sleep deprivation; All with real families, guided by experts. Presenter and EP: Shevonne Hunt Producer and Editor: Cinnamon Nip...

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The Promise Of Sleep poem by Amy Levy. Put the sweet thoughts from out

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thy mindThe dreams from out thy breastNo joy for theebut thou shalt find.

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## **The Promise Of Sleep Poem by Amy Levy - Poem Hunter**

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Continuous positive airway pressure may be the go-to treatment for sleep apnea, but many people struggle to use

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it every night. New research finds that a combination of surgeries may help, though.

## **Surgery may help sleep apnea patients who struggle with ...**

While this shows promise, studies are yet to determine the role of long-term physical activity in people with poor

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sleep. It's clear that sleep is important for losing weight.

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