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Dreamland Adventures in the Strange Science of Sleep by

David K. Randall's Dreamland: Adventures in the Strange Science of Sleep is, well, about sleep. Specifically, about the biology of why humans sleep, what the levels of sleep are, sleep disorders, and everything else in between.

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Dreamland Adventures in the Strange Science of Sleep

Dreamland: Adventures in the Strange Science of Sleep My dear friend Tamara Johnson, author of 31 Dates in 31 Days , sent me a short message a while back about a book she d heard about on NPR entitled Dreamland, Adventures in the Strange Science of Sleep .

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Dreamland Adventures in the Strange Science of Sleep

In 1994, an earthquake knocked out electricity in Los Angeles, delivering previously unknown darkness to many residents. Some were alarmed by a silvery light in the black sky. Until then

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Dreamland Adventures in the Strange Science of Sleep

While on a quest to cure his own sleep disorder (sleep walking), journalist David K. Randall wrote an engaging book about sleep, sleep disorders and current sleep treatments. Titled Dreamland: Adventures in the Strange Science of Sleep, the book is full of history, anecdotes and clinical information about sleep and sleeplessness. Randall also uses his journalistic skills to satisfy his own curiosity about which treatments really work, and which don t.

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Dreamland Adventures in the Strange Science of Sleep

An engrossing examination of the science behind the little-known world of sleep. Like many of us, journalist David K. Randall never gave sleep much thought.

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Dreamland adventures in the strange science of sleep

Get this from a library! Dreamland : adventures in the strange science of sleep. [David K Randall] -- Examines the complex world of sleep and discusses whether or not women sleep differently than men and if killing someone while sleepwalking would count as murder.

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