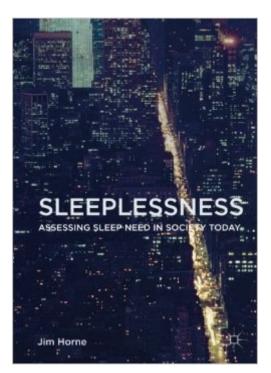
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Sleeplessness: Assessing Sleep Need In Society Today





Synopsis

This book critically evaluates the popular notion that todayâ [™]s society is suffering from â ^sleep debtâ [™], or what Horne calls â ^societal insomniaâ [™] - an apparent chronic loss of sleep, which can lead to obesity and related physical and mental disorders including heart disease. It presents evidence which suggests that sleep debt has not in fact worsened to any marked extent over the last hundred or so years, by looking back at some historical writings on sleeplessness and integrating the findings with, evidence-based research that he has undertaken over the last decade. Written in a concise and understandable way, and interwoven with real-world insights, the book will be useful to academic and students of cognitive, critical and social psychology, neuroscience and sociology, as well as anyone who is interested in the social and psychological implications of sleep and sleeplessness.

Book Information

Paperback: 212 pages Publisher: Palgrave Macmillan; 1st ed. 2016 edition (August 29, 2016) Language: English ISBN-10: 3319327917 ISBN-13: 978-3319327914 Product Dimensions: 5.8 x 0.5 x 8.3 inches Shipping Weight: 10.4 ounces (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #1,708,978 in Books (See Top 100 in Books) #352 in Books > Medical Books > Psychology > Experimental Psychology #418 in Books > Health, Fitness & Dieting > Psychology & Counseling > Experimental Psychology #650 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders

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