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THE PROMISE OF SLEEP is a wake-up call to us all to stop abusing our delicate biological clocks and to start taking sleep seriously as the foundation of good

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William Charles Dement (born 1928) is a pioneering US sleep researcher and founder of the Sleep Research Center, the world's first sleep laboratory, at Stanford

The promise of sleep: a pioneer in sleep medicine

The promise of sleep: a pioneer in sleep medicine explores the vital connection between health, happiness, and a good night's sleep, 2000, 556 pages, William C. Dement,

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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

Insight for girls the promise of sleep

A friend of mine sent me this article after hearing about Olivia s desire to party at four in the morning. At first when I read it, I didn t really connect with

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Promise of sleep | doctor steven y. park, md |

After seeing the Rockettes with my family last week, I was reminded of a story in Dr. William Dement's classic book, The Promise of Sleep. Just after receiving his

The promise of sleep : a pioneer in sleep medicine

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

The sleep well - a website by dr. william dement

A well full of information on sleep, sleep disorders, sleep activism, sleep-related events and much more! Written by Dr. William Dement of Stanford University. Please

The promise of sleep (audiobook on cassette, 2000)

Get this from a library! The promise of sleep. [William C Dement; Christopher C Vaughan; Jeff McCarthy] -- "A pioneer in sleep medicine explores the vital connection

Promise of sleep - the jody grind - youtube

Mar 28, 2014 Atlanta band featuring Kelly Hogan & Bill Taft. Mike Manton of Five-Eight provides the haunting background vocal on this track

The promise of sleep experience life

Most U.S. adults average far less than eight hours of sleep a night, and as our brains register this deficit, we accrue a sleep debt, which impairs our

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Dement is the author of The Promise of Sleep a pioneer in sleep medicine explores the vital connection between health, happiness, and a good night's sleep.

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