

# **THE SLEEPYHEADS BEDSIDE COMPANION**

**Yvonne Tapia**

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There are a lot of studies being The Sleepyheads Bedside Companion in this area to find out how much sleep a person needs at a given time in his life. Insomnia, night terrors, recurring and prophetic dreams, the effects of sleep deprivation on beings, the notions of Freud and Jung about sleep and many more topics grace the pages of this extremely interesting and innovative book. Refreshing. How have sleep, dreams, and nightmares been interpreted over the centuries? Sleep has its own unexpected and rich story, ranging across science, history, literature, and philosophy. On the other side, let us think of hibernation, this miracle of Nature that helps sustain the existence of so many species. He is 44 years old, lives in London and has three daughters at primary school. Sleep remains one of the most mysterious areas of our lives. Ciaran marked it as to-read Jul 07,