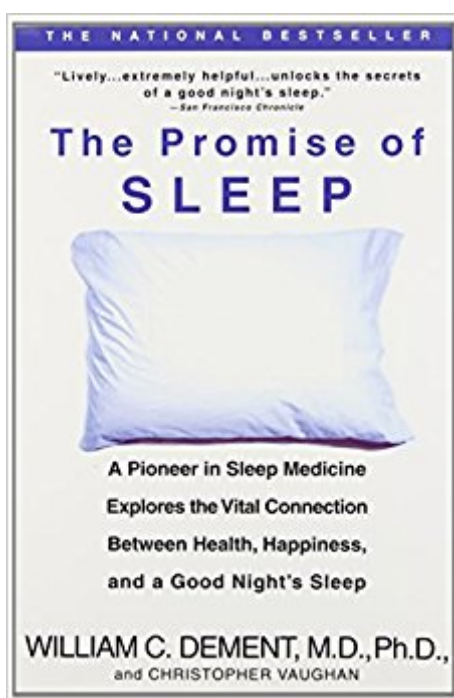


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# The Promise Of Sleep: A Pioneer In Sleep Medicine Explores The Vital Connection Between Health, Happiness, And A Good Night's Sleep



## Synopsis

Sleep better, live longer with the groundbreaking information and step-by-step program in this revolutionary book. Healthful sleep has been empirically proven to be the single most important factor in predicting longevity, more influential than diet, exercise, or heredity. And yet we are a sleep-sick society, ignorant of the facts of sleep--and the price of sleep deprivation. In this groundbreaking book, based on decades of study on the frontiers of sleep science, Dr. William Dement, founder and director of the Stanford University Sleep Research Center, explains what happens when we sleep, when we don't, and how we can reclaim the most powerful--and underrated--health miracle of all. Taking us on a fascinating tour of our sleeping body and mind, Dr. Dement reveals the price we have paid for ignoring sleep--an epidemic of heart disease, 33 percent of traffic-fatigue-related accidents, and immeasurable mental and psychological disadvantages. And he offers a hands-on prescription for vibrant good health and longevity, including...self-tests to determine how much sleep you really need...the role of prescription and over-the-counter sleeping aids...the latest research on how sleep affects the immune system...how to combat insomnia, snoring, and jet lag...plus information on sleep disorder clinics nationwide, Web sites, and more. Taking readers on a fascinating tour of our sleeping body and mind, Dr. William C. Dement reveals the price paid for ignoring sleep--an epidemic of heart disease, traffic-fatigue-related accidents (responsible for a full third of all traffic accidents), and immeasurable mental and psychological disadvantages. Offering a hands-on prescription for vibrant good health and longevity, THE PROMISE OF SLEEP includes self-tests to determine how much sleep you really need, full information on the role of prescription and over-the-counter sleeping aids, the latest research on how sleep affects the immune system, helpful methods for combating insomnia, snoring, and jet lag, plus information on sleep disorder clinics nationwide, sleep disorder Web sites, and more. -->

## Book Information

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## Customer Reviews

"We are a sleep-sick society," says William C. Dement, M.D., Ph.D. According to Dr. Dement, "sleep science" has yielded a great deal of scientific knowledge about sleep--yet the general public, and even doctors, aren't aware of it. Sleep disorders are routinely misdiagnosed or ignored, sometimes resulting in medical tragedy and death, frequently leading to chronic exhaustion. In *The Promise of Sleep*, Dr. Dement aims to remedy that by making the latest sleep information accessible to health professionals and lay readers. He describes the sleep cycle and gives a short history of sleep research. Then he dives into clear and detailed explanations of concepts and conditions we've all heard about, but that few of us understand: sleep debt, biological clock, circadian rhythm, insomnia, sleep apnea, narcolepsy. He discusses why we need sleep (sounds obvious, but it isn't) and the role of dreams. After 300 pages of sleep facts, Dr. Dement teaches you how to "reclaim healthy sleep" in your own life. You learn to assess your personal sleep situation by keeping a sleep diary, measuring your sleep debt, and evaluating your risk of sleep disorders; find appropriate treatment; manage sleep crises; and adopt a "sleep-smart lifestyle." A three-week "sleep camp" program at the end helps you put all the strategies together. This book will put you to sleep--and that's meant as praise! --Joan Price --This text refers to an out of print or unavailable edition of this title.

America is in the midst of an epidemic of sleep disorders, according to Dement, a sleep researcher since 1952, the founder the world's first sleep-disorder clinic and past chairman of a commission that presented a report to Congress in 1992, "Wake Up America! A National Sleep Alert." But for all the general population knows about the principles of healthy sleep, he laments, "I might as well have been running a chain of beauty parlors for the last four decades." However, anyone who even glances through this informative and impassioned volume will know that Dement hasn't spent his time hovering over a hairdryer. The subject may be sleep, but its treatment is not soporific; with the able help of Vaughan, Dement presents the results of his and others' lifework in pithy and accessible terms. Readers will be jolted awake by a multitude of facts (sleep apnea can lead to heart failure or stroke, fatigue caused the Exxon Valdez and space shuttle Challenger disasters and motorist sleepiness accounts for 33% of traffic accidents). Besides scientific data on sleep and

much advice on sleep hygiene, there are self-tests for sleepiness as well as a scenario for a restorative "sleep camp." Appendices list sleep-disorder clinics nationwide, definitions of sleep disorders and Web sites. Dement offers an outstanding book on a surprisingly overlooked subject. Author tour. Copyright 1999 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Big, thick book with the very beginnings of sleep research going forward to the present day. Chock full of information, but as another reviewer has noted, you will find it hard to read every line. Also as previously noted, the author spends much time trying to convince you of his credentials and worthiness to author this book. If you can get past this obvious character flaw, and take him as the expert he truly is, then open up your mind to what he is telling you, you may be pleasantly surprised how easy it is to be taken into his vision of sleep research. At best you will be amazed - at worst you will learn something you don't know from someone who knows it better than almost anyone. After all, this author was there at the beginning of the science of sleep research, and dedicated his whole entire life to this discipline. If you doubt it, you must be dreaming.....

This book was recommended by a hospital sleep center and it was instrumental in finding the road back to good night's sleep. The early part of the book was an explanation of how sleep has evolved through the centuries and I found it informative but a bit tedious. This maybe my impatience and not an issue for others. It's on the book shelf, because it's a keeper!

Far more than we need to know so it takes longer to read than necessary. Could use cutting.

This book is a classic must read even if you don't know anyone who snores or has daytime tiredness. Dr. Dement truly is a pioneer in the field of sleep medicine, but he also has the writer's gift. Entertaining mix of anecdotes to spice up the science. Dr. Dement is passionate about the importance of sleep, and society owes him some gratitude for what little recognition the danger of sleep debt currently has gained in the public consciousness. As some have noted, the book was written some time ago, but the material is still relevant and an excellent background from which to study more. Hopefully Dr. Dement or someone equally gifted will write a sequel, but nothing will completely replace this chronicle of fascinating original discoveries. When you hear news of plane, car, or truck crashes, consider the role that sleep debt or circadian rhythm may have played. I trust that eventually the critical importance of sufficient quantity and quality of sleep will gain far more

attention than it has until now.

The author marvels about how something that is so important, sleep, could be so overlooked by the medical community and by the public. By the time you have read this book you will be amazed by how little you knew about something so important as your sleep. This is without a doubt the best book on sleep available. The only downside is that it is long, and some people may not have the motivation or discipline to finish it. The many biographical notes by the author increases the length, and the book repeats itself. Nevertheless, this is vitally important information. I was surprised about many misconceptions I had about sleep which I believe have been quite detrimental to me. For example, I had no idea of the concept of sleep debt -- that you must "pay back" the hours you are awake by sleeping at the rate of about 1 hour per 2 hours awake (the exact rate depends on the individual) -- and that for the most sleep debt carries over from night to night. For example, if you have a large sleep debt, then sleeping 8 hours a night for a week will not make it go away, you will continue to be the run-down the whole week and you need to sleep more than 8 hours a day to pay that debt back. The book shatters many terrible misconceptions -- such as the being sleepy is evidence that you slept too much, when in fact it is evidence you need to sleep more. It also explains the mistaken belief most people and doctors have that sleeping pills are addictive, cause dependence, and can even result in overdose (the ones from 30 to 40 years did, but today's don't). It explains how snoring is probably evidence of a very common and very serious disorder (sleep apnea), which, when treated can improve the quality of your life tremendously. It also provides a section, late in the book, to help you diagnose and understand your own sleep and sleep problems. Extremely enlightening book and on an overlooked and crucially important subject. Understanding and application of the information in this book truly has the power to improve, and in many cases, save your life. Don't hesitate to buy it, and follow up by reading it all.

Dr. William C. Dement has been a towering figure in the development of sleep medicine, and "The Promise of Sleep" follows his career from his beginning studies of sleep behavior as a medical student at the University of Chicago through his long professional career at Stanford University in California. The book is written by a consummate professional, but the style is easily followed by a layman. Throughout this book Dr. Dement constantly emphasizes the seriousness of sleep disorders and retraces his own efforts to bring public and medical awareness of the need for good sleep..

Fascinating read about the Dr Dement's pioneering work in the world of sleep. I learned so much from this book, even though modern research has made some of it outdated. As someone with Narcolepsy, I am so thankful that I live now and not before Dr Dement's career.

I got this for my wife -- a neurophysiologist -- and she loves it. She's planning a new class for her university, and will definitely use this book. She also wants me to read it as soon as she gets back to China.

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