

"Kryger's book carefully outlines the current state of knowledge of sleep science in humans." — Jerome Groopman, *New Yorker*

Why a Good Night's Rest Is Good to a Doctor, Healthcare Life

Meir Kryger, M.D.

The **MYSTERY** of **SLEEP**

Meir Kryger M.D.

The Mystery of Sleep: Why a Good Night's Rest Is Vital to a Better, Healthier Life



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An authoritative and accessible guideline to what happens whenever we shut our eyes at night. Previously forty years, scientists can see that our sleep (or lack of it) can affect nearly every aspect of our waking lives. We spend a third of our lives in bed, but how much do we really understand about how exactly sleep affects us? Poor sleep could be a sign of an illness, the consequence of a vitamin or iron deficiency, or the reason for numerous other problems, both sleeping and waking. Enter Dr. Meir Kryger, a global authority on the research of sleep, with a comprehensive information to the mysteries of slumber that combines detailed case studies, helpful tables, illustrations, and pragmatic advice. Everyone requires a good night's sleep. Uniquely far reaching, The Mystery of Sleep is more than a handbook; However many people, even medical personnel, are unaware of the hazards of poor sleep. This comprehensive text is a much-needed source for insomniacs; for individuals who snore, can't stay awake, or experience disturbing dreams; sleep, and many folks will experience some difficulty sleeping or staying awake over the course of our lifetimes (or understand a person who does). It is definitely helpful information to the world of rest and the mysterious disorders that affect it.



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Great read Book came to me personally with the cover just a little dirty just bc it's a white cover. I noticed another reader got expressed regret that Kryger didn't point out historical "split rest" patterns, but that truly is covered here. A very good with considerable details and what seemed to me very .. they'll likely possess the same influence on you. SUMMARY: Good book if you're a lay person seeking for medical details on sleep, sleep problems and treatments. I acquired the impression that a few of them were fanciful. A must have ebook for anyone with a sleep problem or who would like to learn more about potential sleep issues. A concise, detailed, easy to understand and navigate electronic book by among the top sleep professionals in the world. And one thing is certain: you will read this to learn the mysteries of sleep, but the book won't place you to sleep! It covers many aspects of sleep and sleep problems, including: why we sleep/how much we need, sleep issues and their remedies, the consequences of mental/physical disease and medications on rest, and what happens at a rest clinic. He is also the editor of the principal textbook on sleep medicine used in medical institutions throughout North America. Five Stars Very nice review. Oriented toward lay person readers with a strong emphasis on medical perspective. If you're attempting to find out about the medical perspective of sleep, such as sleep research, medical interventions for rest issues, etc. The thing the publication lacks is much in the form of practical suggestions - fascinating info, but what perform I do with it? you are not a medical supplier than this is a fairly good book for you. There are some general interest comments on the subject of sleep but also for the most part it is extremely medically focused. Frequently they can then alter their routines to expect it and become okay with it. However, for a book with this degree of detail and data, there are neither footnotes nor an index. There are of training course medical terms and topics that are relatively boring to me as a layperson, but there are several anecdotal and quickly understood entries as well. He does mention that folks tended to visit sleep when it had been dark and rise when the sun came up pre-electricity. Given to me, a provider new to the field of Rest Medicine, this publication really opened my eyes to the scope of problems associated with sleep. I carry out like that he addresses lack of sleep and how that can make mood, depressive disorder and mental medical issues worse, and also stress and worry may impact the quality of your sleep in order that a person can get caught in a cycle where the lack of sleep impacts the disposition and the disposition decreases the amount and quality of sleep. I believe this is very important to folks to know. One historical fact that I desire he'd included may be the fact that we've not necessarily slept solid through the night and evening waking can be normal for some people. Historically we've got first and second sleep, meaning you sleep for a number of hours then awake for a couple hours in the night (say from 1am - 3am for instance) then get back to sleep for a number of more hours. This was understood as normal in many cultures in the past and many people would even gather and visit during that night-waking time. I've found that informing people (who come to mind about their night waking) about the history of first and second rest might help normalize their night time waking for them and actually reduce their tension and worry. There definitely is a lot of excellent information in this reserve that might alleviate some people concerns regarding rest and health, such as the fact that 8 hours of sleep can be an average - some folks need less and others even more, the average person looking for a general book on sleep may not be seeking such a solid medical focus. It generally does not constantly last long-term and may be for simply a couple weeks or months (some people may return back and forth between this and regular "during the night" sleeping). It will be great if he previously a little bit of that worked in to the book. Among the topics to which I related well concerned the effect of sleep disorders on bedmates. An excellent with considerable details and what seemed to me very original tips." I, personally, learned a few things that surprised me, and I became more alert to my sleep health. I acquired a physical therapist in fact tie one of my running accidental injuries to too little sleep, and since then the topic offers interested me. Kryger, includes a conversational, easy-to-follow design and a soft, refreshing love of life. "Mystery" is a pleasant read: It isn't a page-turner, but it isn't boring either. Kryger, the 1st doctor to diagnose sleep apnea in THE UNITED STATES, is an excellent clinician as well as an educational and researcher. Each chapter starts with a mystery that Dr. An immensely entertaining and informative journey. Merely stated, anyone who engages in sleeping must read this outstanding and incredibly consumer-friendly book. I highly recommend "The Mysteries of Sleep. Highly Recommended "The Mystery of Rest" is informative, entertaining, and, for a few, maybe even life-saving! Sleep is, in the end, a hugely important part of our lives in addition to, believe it or not, a very interesting subject! Lots of helpful details on a fascinating aspect of human existence. There

is a lot of useful information here, ideal for those who just want to understand approximately the fascinating subject of sleep as well as for those people who are experiencing a number of issues with their sleep patterns or habits. (Although since it's written by an MD it will make some people expect the medical concentrate). Other than that great content Three Stars Interesting but can be repetitious occasionally. There are chapters and sub-chapters addressing every conceivable sleep concern and variable. Lacking any index, however, there are numerous similar topics that will be hard to get after we have browse the book and place it aside for future reference. The desk of contents is fairly thorough however, and the entire organization does make having less an index at least a little less frustrating that it might have been. Still, the reference value of the text is normally diminished by this omission. Nonetheless, it will be an excellent reference, given the breadth of topics covered and Kryger's renown within the field of sleep science. In this publication, Kryger lays out some of the latest technology behind sleep problems, both issues getting to sleep and the problems that can result from a lack of sleep. It will be an excellent reference book for your library. Helpful read for just about any person who sleeps! Nevertheless, there is much more to the interpersonal/cultural aspects of sleep than just that. As somebody who also has struggled with rest for most of my life, it was also personally enlightening. Clearly created for laypeople or those with advanced medical degrees, this book was interesting and a satisfaction to read." This includes topics we are aware of, such as "Insomnia," Chapter 10, plus some not so much, such as "Fear of Sleeping" in Chapter 14. Kryger, possibly the world's leading professional in sleep medicine, can be an accomplished writer, and he writes in an accesible, practical and witty design. The writer, Dr. There were occasions when I felt like I was reading the aged Dr. Overall it's an excellent and recommendation launch to the topic of sleep. & Often folks are much more likely to possess night waking, aka initial and second sleep, if they have got many things on their mind. Otherwise, it simply makes you realize how poor it really is to not sleep, and you'll lie awake at night worrying about your insomnia! His design is very clear and easy to check out, and the publication lends quickly to "random reading" if you want to look up a particular syndrome or issue. Kryger has encountered and ends with it's remedy, adding some suspense and individual interest to the information. In books such as this, end up building my own index in the blank web pages at the end of the reserve and got marked the author's discussion of this. Dr. Great review of the most recent science on sleep problems This is an excellent book on popular science for the lay person, specifically on the importance of sleep to function better. I have attained three copies--- one for my partner and me, and one each for just two of our young-mother or father children. I reread sections simply for the enjoyment, in fact. Dr. Allan Hillman Four Stars Well written, well evidence bottom documented but a bit monotonous and reiterative along the chapters Excellent resource on the subject of sleep. I would recommend this well-created and conveniently understood book to anyone who is invested in a better quality of sleep. This reserve is tidily structured into four parts and 21 chapters. It is easy to peruse at random or even to take the begin to complete approach. Spock manuals for parents because of his sometimes prescriptive ordering tone, however the overall information you can gain from this will probably be worth those few lapses. I was surprised at how interesting the writer, who is a doctor, was able to make each subject. I was disappointed that there wasn't a really sociological/historical/cultural section or element to the publication, as that can be very relevant for folks today. Most of the facts about sleep amazed and reassured me; I know that sometimes my greatest ideas or determining answers to a problem involves me in the night time or early morning right after waking, so perhaps that is a way some people sort factors out. (Chapter 7) Usually the side effects of the troubled one are as poor as or worse for all those in the same bed or area. For me personally, the most enlightening of the four parts of the reserve was the 3rd: "Can't sleep, can't stay awake. I wish more subjects were written about in this accessible manner. The subject of sleep in one that's of interest to all or any of us, especially inside our hectic and troubled times.



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