

The Neuroscience of a Good Night's Rest



SLEEPYHEAD

HENRY NICHOLLS

Henry Nicholls

Sleepyhead: The Neuroscience of a Good Night's Rest



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We find out the underlying difference between morning hours larks and evening owls; and the evolutionary significance of REM sleep and dreaming. In Sleepyhead, science writer Henry Nicholls uses his very own experience with chronic narcolepsy as a gateway to raised understanding the cryptic, curious, and relatively uncharted world of sleep disorders. We fulfill insomniacs who can't get any rest, narcoleptics who can't control when they sleep, and sleep apnea victims who nearly suffocate in their sleep. A narcoleptic's tireless journey through the neuroscience of disordered sleep. Whether it's a bout of bad aircraft lag or a stress-induced all-nighter, we've all experienced nights that remaining us feeling less than well-rested. why our sleeping habits shift as we grow older; But for some people, getting a bad night's sleep isn't just an inconvenience: it's a nightmare. Charming, eye-opening, and deeply humanizing, Sleepyhead will help us all uncover the secrets of an excellent night's sleep.



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Mostly About Narcolepsy The book was well crafted and contains lots of good advice on sleep patterns - but was almost entirely focused on narcolepsy. The *one* caution here is that if you can be found in searching for a quick pointer or two on how to rest better. As informed by a narcoleptic journalist. He introduces us to the realms of insomnia (I've lived in that chronically tired condition), sleep apnea (sufferers nearly suffocate as they stop breathing during sleep), and his personal kingdom of persistent narcolepsy, among other styles of sleephead-hood. Apart from the first chapter and last chapter, the traditional setup and overview, the rest of the 10 chapters cover the hard science of rest - everything from how light plays a large part inside our circadian rhythm cycles to just how the current considering on most sleep disorders was discovered by learning dogs. The Science of Rest. He relates his own story and claims that the common time before narcolepsy medical diagnosis is 15 years. Interesting and Relevant Information The author did a brilliant job of authoring the different types of sleep disorders and how genes and additional factors can contribute to the development of them. 4 stars! But you'll get the hard research description of *why* it is, rather than short and sweet "do that, just do it". Excellent book, very completely researched - the last 24% or so is certainly bibliography and index! Sleepyhead is an excellent resource for all those that either have difficulty falling asleep or staying awake. The author is suffering from narcolepsy and sometimes falls asleep at inappropriate times.. Fascinating Look At Disordered Sleep SLEEPYHEAD's writer Henry Nicholls is a research article writer and a narcoleptic, thus he knows whereof he sleeps! It also contains the possible reasons for other sleep disorders like SCN or the molecular circuit that controls when your body really wants to rest and rise. Henry Nicholls shares his own experience coping with narcolepsy and helps clarify the nature, training course, and treatment of the disorder. which if my circle of close friends is any indication, is most of us! The publication also discusses seasonal effective disorder and insomnia along with the effect of daylight savings time on a body's sleep cycle. The very best part of the book for me was the author's note at the end that tells readers where to find more information about their particular sleep issue. In addition, Sleepyhead has comprehensive end notes referencing all the sources of the information in the book. Thanks to Perseus Books, Basic Books and NetGalley for the review copy, in exchange for my honest opinion. Sleepyhead is a superb reference for the sleep-challenged in our midst. well, you'll receive that. We learn why some people love mornings and others hate them, how rest habits change through maturing, the when of REM sleep phases, and the significance of dreaming. Nevertheless, Sleepyhead goes beyond just narcolepsy. ? For his sleep syndrome causes him to fall asleep anywhere whenever. Nicholls uses his knowledge as backdrop to explore the neuroscience of disordered sleep, that is a gripping trip. This was actually a remarkable book about the hard science of sleep - all the way to the gene and chromosome level of certain sleep disorders. Because of Perseus Books and NetGalley for an progress copy. I recommend this absorbing account to all sleep-deprived readers ... Even shifting your bedtime by a quarter-hour per day either previously or later on makes a large difference over the course of a year. 5/5 Pub Time 04 Sep 2018 I saw this reserve within my neighborhood library. Because of Perseus Books, Fundamental Books and NetGalley for the review copy, in trade for my honest opinion. For someone with a limited knowledge of narcolepsy, the publication helps clear up a number of misconceptions and overgeneralizations about the disorder. #Sleepyhead #NetGalley A Deep Dive Into the World of People COPING WITH Narcolepsy Sleepyhead is an informative and entertaining non-fiction book that dives deep into the character, causes, and remedies of narcolepsy. Many people do not have a 24-hour cycle and therefore they go to sleep and rise at variable times each day. He also creatively weaves in

the rich, provocative stories of other people who live with sleep-wake disorders, as well as a number of researchers who have helped explain and treat these disorders. As the concentrate is certainly predominantly on narcolepsy, comorbidity rules among the sleep-wake disorders. Hence, Sleepyhead also details the nature, trigger, and treatment of a great many other sleep-wake disorders. As an educator, the book's stories are particularly beneficial to deepen my knowledge of these disorders and the helping research. Without doubt my potential sleep-wake disorder presentations and learning actions will benefit from having read this book. Sleepyhead is another A+ selection among several excellent nonfiction books on sleep over the last couple of years. The end notes constitute 20% of the publication. Follow the writer: Utilize a sleep specialist Fast read about excessive sleep problems. Interesting research of sleep. The publication devotes a lot of space to narcolepsy. I happened to be interested in trouble addressing sleep and staying asleep. There have been good resources listed at the end of the publication.. This was a fascinating read with tons of relevant information!



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