

Sleeping and Dreaming, 1987, Rita Milios, 9780516012438, Childrens Press, 1987

Sleep and Dreaming. Scientific Advances and Reconsiderations. Get access. Buy the print book. Check if you have access via personal or institutional login. Log in Register.Â Book description. How and why does the sleeping brain generate dreams? Though the question is old, a paradigm shift is now occurring in the science of sleep and dreaming that is making room for new answers. From brainstem-based models of sleep cycle control, research is moving toward combined brainstem/forebrain models of sleep cognition itself. The book presents five papers by leading scientists at the center of the current firmament, and more than seventy-five commentaries on those papers by nearly all of the other leading authorities in the field. Why We Sleep: The New Science of Sleep and Dreams is a popular science book about sleep by the neuroscientist and sleep researcher, Matthew Walker. Walker is a professor of neuroscience and psychology and the director of the Center for Human Sleep Science at the University of California, Berkeley. Walker spent four years writing the book, in which he asserts that sleep deprivation is linked to numerous fatal diseases, including dementia. The book became an international bestseller, including a #1 Sleeping and Dreaming book. Read reviews from worldâ€™s largest community for readers. Sleeping and Dreaming, which accompanies the exhibition of the sam...Â "Sleeping and Dreaming", which accompanies the exhibition of the same name at Wellcome Collection and the Deutsches Hygiene-Museum,Dresden, takes a fresh look at the apparently simple questions of why humans need to sleep and dream, and what happens to our brain and body during sleep. Sleep has been linked to psychological, emotional, and mental recovery, as well as learning and memory. Recent research shows that sleep is vital in consolidating memories, both intellectual and physical. Sleep deprivation can inhibit your productivity and your ability to remember and consolidate information. It can also lead to serious health consequences such as increased risk of heart disease and obesity. The amount of sleep we need varies depending on multiple factors: age, physical condition, psychological condition, or energy exerted. Therefore, sleep requirements depend on the individua This book is the account of a historic dialogue between leading Western scientists and one of the foremost representatives of Buddhism today, the Dalai Lama of Tibet. Revolving around the three key moments of consciousness of sleep, dreams, and death â€” what internationally acclaimed neuroscientist Francisco Varela calls the egoâ€™s shadow zones â€” the conversations recorded here took place at the fourth Mind and Life Conference in Dharamsala, India. With contributions from acclaimed voices such as philosopher Charles Taylor, psychoanalyst Joyce McDougall, psychologist Jayne Gackenbach, cultural e