

Bright Eyed Forty Years in the Trenches of the War on Sleep Exploded Views



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Reviews

Just no phrases to describe. It typically does not price an excessive amount of. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Felton Hessel)

BRIGHT EYED FORTY YEARS IN THE TRENCHES OF THE WAR ON SLEEP EXPLODED VIEWS



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Coach House Books. Paperback. Condition: New. 120 pages. For forty years, RM Vaughan has been fighting, and failing, to get his forty winks each night. Hes not alone, not by any stretch. More and more studies highlight the health risks of undersleeping, yet we never been asked to do more, and for longer. And we cant stop thinking that a lack of sleep is heroic: snoozing is a kind of laziness, after all. But why, when we know more about the value of sleep, are we obsessed with twenty-four-hour workdays and deliberate sleep deprivationWorking outward from his own experience, Vaughan explores this insomnia culture weve created, predicting a cultural collisionwill we soon have to legislate rest, as France has doneand wondering about the cause-and-effect model of our shorter attention spans. Does the fact that we are almost universally underslept change how our world works We know its an issue with, say, pilots and truck drivers, but what about artistsdoes an insomnia culture change creativity And what are the long-term cultural consequences of this increasing sacrifice for the ever-elusive goal of total productivityRM Vaughan is the author of nine books and many short video works. He contributes essays on culture and society to numerous publications and his video works play in galleries and festivals around the world. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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