



Sleep Thieves

Stanley Coren

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Sleep Thieves

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An eye-opening and engrossing exploration into the science and mysteries of sleep and sleeplessness from the bestselling author of *The Intelligence of Dogs*.

Is there some way to determine if you are getting enough sleep?

Do dogs and cats dream?

What are the ways to help children sleep through the night?

What role did sleep deficit play in the loss of the space shuttle Challenger and the nuclear accidents at Chernobyl and Three Mile Island?

Why is the shift to Daylight Savings Time dangerous?

Why do many sleeping medications actually make insomnia worse?

What was Leonardo da Vinci's technique for getting by with only an hour and a half of sleep each day?

The answers to these questions are in this fascinating and provocative book that will change the way you think about sleep.

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