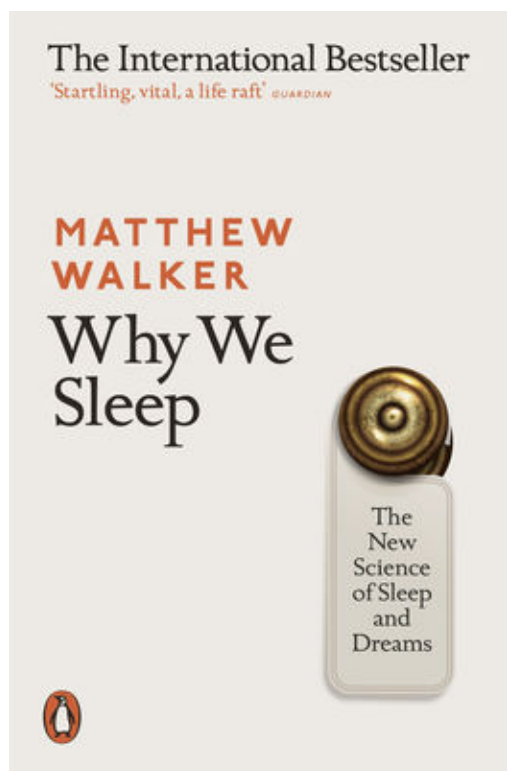


Descargar libros Why We Sleep gratis (PDF | ePub | Mobi) Matthew Walker DG Media



'Astonishing ... an amazing book ... absolutely chocker full of things that we need to know' Chris Evans

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Sleep is one of the most important aspects of our life, health and longevity and yet it is increasingly neglected in twenty-first-century society, with devastating consequences: every major disease in the developed world - Alzheimer's, cancer, obesity, diabetes - has very strong causal links to deficient sleep.

In this book, the first of its kind written by a scientific expert, Professor Matthew Walker explores twenty years of cutting-edge research to solve the mystery of why sleep matters. Looking at creatures from across the animal kingdom as well as major human studies, *Why We Sleep* delves into everything from what really happens during REM sleep to how caffeine and alcohol affect sleep and why our sleep patterns change across a lifetime, transforming our appreciation of the extraordinary phenomenon that safeguards our existence.

'Startling, vital ... a life-raft' *Guardian*

'A top sleep scientist argues that sleep is more important for our health than diet or exercise' *The Times*

'Passionate, urgent . . . it had a powerful effect on me' *Observer*

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Author	:	Matthew Walker
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