



# Counting Sheep: The Science and Pleasures of Sleep and Dreams

*Paul Martin*

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## **Counting Sheep: The Science and Pleasures of Sleep and Dreams** Paul Martin

Does the early bird really catch the worm, or end up healthy, wealthy, and wise? Can some people really exist on just a few hours' sleep a night? Does everybody dream? Do fish dream? How did people cope before alarm clocks and caffeine? And is anybody getting enough sleep?

Even though we will devote a third of our lives to sleep, we still know remarkably little about its origins and purpose. Paul Martin's *Counting Sheep* answers these questions and more in this illuminating work of popular science. Even the wonders of yawning, the perils of sleepwalking, and the strange ubiquity of nocturnal erections are explained in full.

To sleep, to dream: *Counting Sheep* reflects the centrality of these activities to our lives and can help readers respect, understand, and extract more pleasure from that delicious time when they're lost to the world.

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Counting Sheep: The Science and Pleasures of Sleep and Dreams can be one of your beginning books that are good idea. All of us recommend that straight away because this guide has good vocabulary that may increase your knowledge in words, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort to put every word into satisfaction arrangement in writing Counting Sheep: The Science and Pleasures of Sleep and Dreams although doesn't forget the main place, giving the reader the hottest in addition to based confirm resource data that maybe you can be one among it. This great information can drawn you into fresh stage of crucial contemplating.

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