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By William C. Dement .pdf**

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William Charles Dement (born 1928) is a pioneering US sleep researcher and founder of the Sleep Research Center, the world's first sleep laboratory, at Stanford

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Promise of sleep | doctor steven y. park, md |

After seeing the Rockettes with my family last week, I was reminded of a story in Dr. William Dement's classic book, The Promise of Sleep. Just after receiving his

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THE PROMISE OF SLEEP is a wake-up call to us all to stop abusing our delicate biological clocks and to start taking sleep seriously as the foundation of good

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Insight for girls the promise of sleep

A friend of mine sent me this article after hearing about Olivia's desire to party at four in the morning. At first when I read it, I didn't really connect with

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Most U.S. adults average far less than eight hours of sleep a night, and as our brains register this deficit, we accrue a sleep debt, which impairs our

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Sleep A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night's a Good Night's Sleep Author: Dement, William C.,

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Mar 28, 2014 Atlanta band featuring Kelly Hogan & Bill Taft. Mike Mantione of Five-Eight provides the haunting background vocal on this track

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The sleep well - a website by dr. william dement

A well full of information on sleep, sleep disorders, sleep activism, sleep-related events and much more! Written by Dr. William Dement of Stanford University. Please