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All studies seem to indicate that sleep is important and is essential to good health, along with diet and exercise. Access to the complete content on Very Short Introductions online requires a subscription or purchase. Public users are able to search the site and view the abstracts and keywords for each book and chapter without a subscription.

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ages describes sleep patterns of the past, when we slept for longer periods of time than we do now.

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As my title states, with many of the 'Very Short Introduction' books, they do require some weighing up before purchase. Some merely outline some of the contemporary ideas of a theme after roughly sketching out a brief history, whilst others (like Foster and Lockley's book Sleep), are incredibly informative, simply written with not a whiff of postmodernism or pretension, and are a genuine ...

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