



# Dreamland: Adventures in the Strange Science of Sleep

*David K. Randall*

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# Dreamland: Adventures in the Strange Science of Sleep

David K. Randall

**Dreamland: Adventures in the Strange Science of Sleep** David K. Randall

**An engrossing examination of the science behind the little-known world of sleep.**

Like many of us, journalist David K. Randall never gave sleep much thought. That is, until he began sleepwalking. One midnight crash into a hallway wall sent him on an investigation into the strange science of sleep.

In *Dreamland*, Randall explores the research that is investigating those dark hours that make up nearly a third of our lives. Taking readers from military battlefields to children's bedrooms, *Dreamland* shows that sleep isn't as simple as it seems. Why did the results of one sleep study change the bookmakers' odds for certain Monday Night Football games? Do women sleep differently than men? And if you happen to kill someone while you are sleepwalking, does that count as murder?

This book is a tour of the often odd, sometimes disturbing, and always fascinating things that go on in the peculiar world of sleep. You'll never look at your pillow the same way again.

10 illustrations

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