



Summary of the Sleep Revolution by Arianna Huffington Includes Analysis

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Preview:

The Sleep Revolution is a call to action to make sleep a priority and reclaim the night for the basic human need of rest. Millions of people use nighttime hours for activities other than sleep. They choose to prioritize work or succumb to an addiction to technology rather than invest those precious hours in sleep. In the United States and increasingly around the world, work culture regards sleep as an inefficient waste of time.

However, getting enough sleep can be a matter of life or death. People who have deprived themselves of sleep have, in some cases, collapsed or even died. Others have suffered and ended up in the hospital due to dangerous levels of exhaustion. Even less extreme sleep deprivation has resulted in physical and mental damage.

Throughout history, many different cultures have held a profound appreciation of sleep. The ancient Greeks and Egyptians would sleep in temples to have their dreams interpreted by priests...

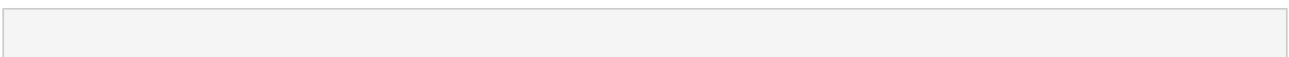
PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book.

Inside this Instaread Summary of The Sleep Revolution

- Overview of the Book
- Important People
- Key Takeaways
- Analysis of Key Takeaways

About the Author

With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience.



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Richard Horgan:

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