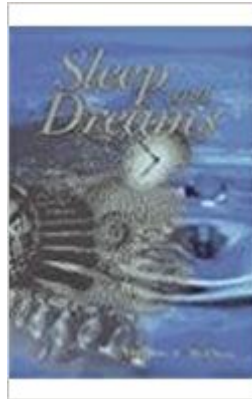




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Sleep And Dreams (Single Title: Science)



Synopsis

Book by McPhee, Andrew T.

Book Information

Series: Single Title: Science

Library Binding: 112 pages

Publisher: Scholastic Library Publishing (March 1, 2001)

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Average Customer Review: 5.0 out of 5 stars 1 customer review

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Growing Up & Facts of Life > Family Life > Sleep

Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

Gr 5-8-This concise overview begins with short descriptions of typical sleep patterns, the stages of sleep, and what happens in the human body during them. A chapter on sleep deprivation follows. The chapter on disorders, such as sleepwalking and sleep apnea, includes preventive measures and treatments. Relaxation techniques such as meditation are described in sufficient detail. The final chapter offers methods of guiding, remembering, and interpreting one's dreams. A short "Dream Encyclopedia" gives suggestions for understanding the symbolism of events and objects common in dreams. "To Find Out More" has a useful list of organizations and authoritative online sites. While easy to comprehend, some statements are oversimplified. For instance, in the description of REM sleep, the text states that eye movements are the eyes watching dream action and sounds "projected, in a way, on your eyelids" by the brain. Although now dated in some aspects, Alvin and Virginia Silverstein's work of the same name (HarperCollins, 1974) is considerably more detailed in describing animal and human sleep research techniques and conclusions, but it does not include guides to dream interpretation. Ann G. Brouse, Steele Memorial

Gr. 7-12. Combining facts about the physiology of sleep with information about dreams and their interpretation, veteran health writer McPhee tackles several enormous subjects in one slim volume, with uneven results. Opening chapters clearly explain the cycles of sleep and do a fine job of emphasizing the dangers of sleep deprivation: "the reflexes of a sleep-deprived person are as slow and uncoordinated as those of someone who is legally drunk." The following chapters touch on sleep disorders and then briefly discuss dreams, including tips for remembering and analyzing them. Presented in a lackluster format with a few black-and-white diagrams and photographs, the information is best suited for supporting reports on sleep biology rather than answering readers' individual questions; sections on the treatment of sleep disorders will particularly disappoint readers seeking personal help. But McPhee offers satisfactory curricular support, and teens will have fun with the dream dictionary at book's end. A glossary and helpful resources, including Web sites, conclude. Gillian EngbergCopyright © American Library Association. All rights reserved

Andrew T. McPhee's *Sleep And Dreams* (11735-9) provides a simple coverage of the latest scientific findings on the nature of sleep. From insomnia to dreaming, this holds a little over 100 pages of the latest facts perfect for newcomers to the topic. A recommended pick for advanced elementary through middle school grade levels.

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Interpret Your Dreams And Discover The Magic And Beauty Behind Them (Dream Interpretation - The Secrets Behind Your Dreams- Sleep Psychology) Sleep Well: Meditation and Hypnosis Bundle for Deep Sleep, Relaxation, Stress Relief and Better Sleep The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night's Sleep Sleep Hypnosis Bundle: Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up Refreshed The Effortless Sleep Method: The Incredible New Cure for Insomnia and Chronic Sleep Problems (The Effortless Sleep Trilogy Book 1) The Sleep Lady's Good Night, Sleep Tight: Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy Healthy Sleep: Fall Asleep Easily, Sleep More Deeply, Sleep Through the Night, Wake up Refreshed Periodical Title Abbreviations: By Abbreviations (Periodical Title Abbreviations: Vol. 1: By Abbreviations) Dreams: The Hidden Meaning And Interpretations Behind Your Dreams (Dream Interpretation - Learn About What Goes on Inside Your Head While You Sleep) Dreams: Interpreting Your Dreams and How to Dream Your Desires- Lucid Dreaming, Visions and Dream Interpretation (Dreams, Lucid dreaming, Visions,) Sleep Like a Tiger (Caldecott Medal - Honors Winning Title(s)) A History of the Holocaust (Single Title Social Studies)

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