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Counting Sheep: The Science and Pleasures of Sleep and Dreams. Even the wonders of yawning, the perils of sleepwalking, and the strange ubiquity of nocturnal erections are explained in full. To sleep, to dream: Counting Sheep reflects the centrality of these activities to our lives and can help readers respect, understand, and extract more pleasure from that delicious time when they're lost to the world.

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Counting Sheep is a book all about sleep and its various benefits, problems and history, that definitely did not have me nodding off. Everything comes down to sleep, health, life satisfaction, learning and memory.

Counting Sheep: The Science and Pleasures of Sleep and

(December 2010) Sheep on a paddock. Counting sheep is a mental exercise used in some cultures as a means of putting oneself to sleep. In most depictions of the activity, the practitioner envisions an endless series of identical white sheep jumping over a fence, while counting them as they do so.

Counting sheep - Wikipedia

Paul Martin's Counting Sheep answers these questions and more in this illuminating work of popular science. Even the wonders of yawning, the perils of sleepwalking, and the strange ubiquity of nocturnal erections are explained in full.

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