

# The Annotated Big Sleep English Edition

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voor veel mensen gaat slapen vanzelf bij anderen is het een hindernis geworden die een betere levenskwaliteit in de weg staat slaap beïnvloedt elk aspect van je leven een goede nachtrust beschermt je tegen ziekte en is naast voeding beweging en sociale contacten een cruciale factor voor een duurzame gezondheid in slaapwel staat slapen in de midden en late volwassenheid centraal sandra pirrera licht op een wetenschappelijk onderbouwde manier toe hoe slaap doorheen je leven verandert en wat een goede slaap kan bevorderen of in de weg kan staan ze gaat ook dieper in op enkele slaapstoornissen die vaker voorkomen naarmate we ouder worden met het boek slaapwel beschrijft psychologe sandra pirrera op een heel toegankelijke wijze de essentiële rol van slaap en wat je kan doen als je slaapland niet binnen mag een aanrader voor éénieder die door het bos de bomen niet meer zien johan verbraecken

how and why does the sleeping brain generate dreams though the question is old a paradigm shift is now occurring in the science of sleep and dreaming that is making room for new answers from brainstem based models of sleep cycle control research is moving toward combined brainstem forebrain models of sleep cognition itself the book presents five papers by leading scientists at the center of the current firmament and more than seventy five commentaries on those papers by nearly all of the other leading authorities in the field topics include mechanisms of dreaming and rem sleep memory consolidation in rem sleep and an evolutionary hypothesis of the function of dreaming the papers and commentaries together with the authors rejoinders represent a huge leap forward in our understanding of the sleeping and dreaming brain the book s multidisciplinary perspective will appeal to students and researchers in neuroscience cognitive science and psychology

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