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Sleep Talkin' Man

If you are new to Sleep Talkin' Man (the blog, that is), then I recommend that you dive into the archives! You can pick a month/year of your choosing from the top of the right-hand column.

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Matthew Walker photographed in his sleep lab. Photograph: Saroyan Humphrey for the Observer I was looking at the brainwave patterns of people with different forms of dementia, but I was failing

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Arianna Huffington How to succeed Get more sleep TED Talk

In this short talk, Arianna Huffington shares a small idea that can awaken much bigger ones: the power of a good night's sleep. Instead of bragging about our sleep deficits, she urges us to shut our eyes and see the big picture: We can sleep our way to increased productivity and happiness -- and smarter decision-making.

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