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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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Scientists count anything less than seven hours sleep as sleep deprivation. Photograph: Ian Hooton/Science Photo Library/Getty Images/Science Photo Library RF Matthew Walker has learned to

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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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How artificial light is wrecking your sleep and what to

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