

## **JUST GO TO SLEEP BOOK**



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### **Sleep Wikipedia**

Sleep is a naturally recurring state of mind and body, characterized by altered consciousness, relatively inhibited sensory activity, inhibition of nearly all voluntary muscles, and reduced interactions with surroundings. It is distinguished from wakefulness by a decreased ability to react to stimuli, but more reactive than coma or disorders of consciousness, sleep displaying very different

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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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