



# Counting Sheep: The Science and Pleasures of Sleep and Dreams

*Paul Martin*

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## **Counting Sheep: The Science and Pleasures of Sleep and Dreams** Paul Martin

Does the early bird really catch the worm, or end up healthy, wealthy, and wise? Can some people really exist on just a few hours' sleep a night? Does everybody dream? Do fish dream? How did people cope before alarm clocks and caffeine? And is anybody getting enough sleep?

Even though we will devote a third of our lives to sleep, we still know remarkably little about its origins and purpose. 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.

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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