



## Sleep and Dreaming

By Jacob Empson

Palgrave MacMillan. Paperback. Condition: New. 268 pages. Dimensions: 9.1in. x 6.1in. x 0.7in. This book describes the context of sleep research, and considers popular beliefs about sleep. The book looks at the experience of sleep, including the relationship between dreaming and psychophysiological signs such as eye movement and brainwaves, as well as the physiology and natural history of sleep, and the problems of sleep disorders that humans experience. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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