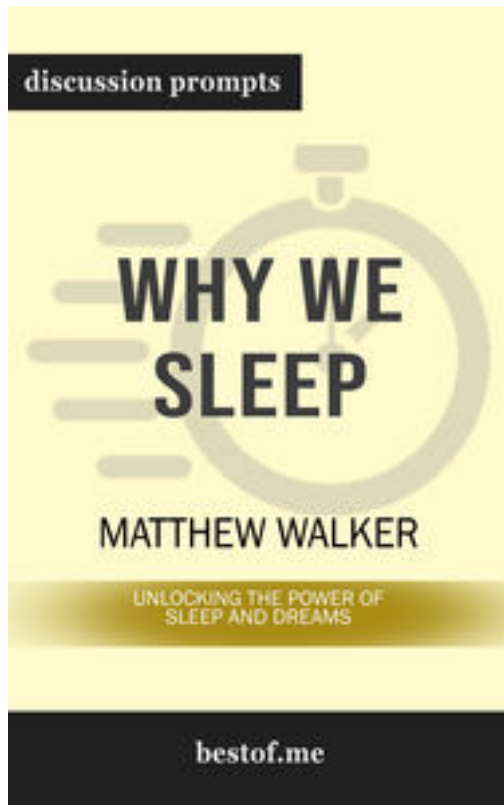


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New York Times bestselling book Why We Sleep: Unlocking the Power of Sleep and Dreams is the first sleep book by Professor Matthew Walker, a leading scientific expert on sleep. He reveals his groundbreaking research on sleep and explains how we can harness its power to make our lives better. Sleep is one of the life's most important aspect that promotes our wellness, life, and longevity. An explosion of scientific discoveries on sleep is shedding a new light on this fundamental yet least understood aspect of our lives.

New York Times Book Review says that Why We Sleep: Unlocking the Power of Sleep and Dreams is “a thoughtful tour through the still dimly understood state of being asleep.” They say that this is “a book on a mission.” The modern humans are “in the midst of a ‘silent sleep loss epidemic’ that poses ‘the greatest public health challenge we face in the 21st century.’” Through this book Why We Sleep, Walker “mounts a persuasive, exuberant case for addressing our societal sleep deficit and for the virtues of sleep itself. It is recommended for night-table reading in the most pragmatic sense.”

In this comprehensive look into Why We Sleep: Unlocking the Power of Sleep and Dreams by Matthew Walker PhD, you'll gain insight with this essential resource as a guide to aid your discussions. Be prepared to lead with the following:

- Discussion aid which includes a wealth of prompts and information
- Overall plot synopsis and author biography
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