

# Why we sleep audiobook pdf

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Walker spent four years composing *Why we sleep: unlocking the power of sleep and dreams*. This book presents an exploration of sleep, explaining how we can harness its transformative power to change our lives for the better. Sleep is one of the most important but least understood aspects of our life, wellness, and longevity. Charting cutting-edge scientific breakthroughs and synthesizing a decade of research and clinical practice, Walker explains how we can harness sleep to improve learning, mood, and energy levels; regulate hormones; prevent cancer, Alzheimer's, and diabetes; slow the effects of aging; increase longevity; enhance the education and lifespan of our children. The author provides compelling evidence for the crucial role of sleep in our physical and mental health, including its impact on our memory, learning, mood, and overall brain function. The book is now, in this audiobook, the first of its kind written by a scientific expert, Professor Matthew Walker. Walker explores twenty years of cutting-edge research to solve the mystery of why sleep matters. In this audiobook, the first of its kind written by a scientific expert, Professor Matthew Walker explores twenty years of cutting-edge research to solve the mystery of why sleep matters. In this audiobook, the first of its kind written by a scientific expert, Professor Matthew Walker explores twenty years of cutting-edge research to solve the mystery of why sleep matters. In this "compelling and utterly convincing" (The Sunday Times) book, preeminent neuroscientist and sleep expert Matthew Walker provides a revolutionary exploration of sleep. In this "compelling and utterly convincing" (The Sunday Times) book, preeminent neuroscientist and sleep expert Matthew Walker provides a revolutionary exploration of sleep. Get the full audiobook (Free): "Why We Sleep: Unlocking the Power of Sleep and Dreams" by Matthew Walker is a comprehensive guide to the science of sleep. *Why We Sleep Audiobook: New Science of Sleep and Dreams* is a well-known science textbook about a neuroscientist, Matthew Walker.

 Difficulté Facile

 Durée 462 minute(s)

 Catégories Art, Électronique, Machines & Outils, Robotique, Science & Biologie

 Coût 457 EUR (€)

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Matériaux

Outils

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Étape 1 -

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