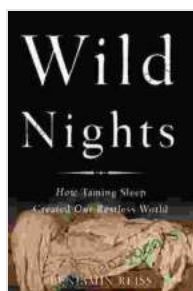


# How Taming Sleep Created Our Restless World



## Wild Nights: How Taming Sleep Created Our Restless

**World** by Benjamin Reiss

★★★★☆ 4 out of 5

Language : English  
File size : 4018 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 321 pages



Sleep is essential for our physical and mental health, but it's something that many of us struggle with. In his new book, *How Taming Sleep Created Our Restless World*, historian Roger Ekirch argues that our modern sleep habits are a relatively recent invention, and that they've had a profound impact on our society.

Before the Industrial Revolution, Ekirch argues, people slept in two distinct phases: a first sleep of about four hours, followed by a waking period of about two hours, and then a second sleep of about four hours. This pattern of sleep was common in all cultures around the world, and it was only with the advent of artificial lighting and the factory system that people began to adopt the single, consolidated sleep pattern that is now the norm.

Ekirch argues that this shift in sleep patterns has had a number of negative consequences. For one, it has led to an increase in sleep disorders, such as insomnia and sleep apnea. It has also made us more vulnerable to the effects of sleep deprivation, which can lead to a variety of health problems, including obesity, heart disease, and diabetes.

In addition, Ekirch argues that our modern sleep habits have had a negative impact on our social and cultural lives. The single, consolidated sleep pattern has made it more difficult for families to spend time together, and it has also led to a decline in the number of people who participate in evening social activities.

Ekirch's book is a fascinating and thought-provoking look at the history of sleep. It challenges the conventional wisdom about sleep, and it offers a

new perspective on the problems that we face in the modern world.

## Reviews

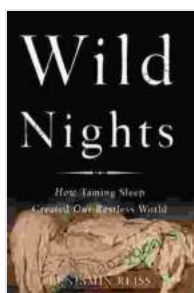
"A groundbreaking work that will change the way we think about sleep." -  
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"A fascinating and important book that sheds new light on the history of  
sleep and its impact on our society." - The Washington Post

"A must-read for anyone who is interested in the history of sleep, or who is  
struggling with sleep problems." - The Wall Street Journal

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How Taming Sleep Created Our Restless World is available now from all  
major booksellers. Free Download your copy today and learn more about  
the fascinating history of sleep.



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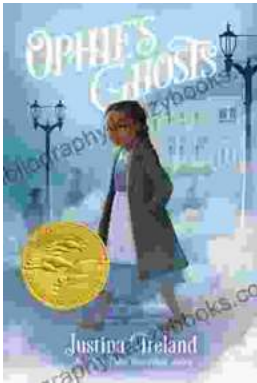
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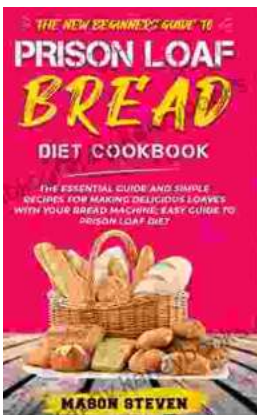
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