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# BRIGHT EYED FORTY YEARS IN THE TRENCHES OF THE WAR ON SLEEP EXPLODED VIEWS



Coach House Books. Paperback. Condition: New. 120 pages. For forty years, RM Vaughan has been fighting, and failing, to get his forty winks each night. Hes not alone, not by any stretch. More and more studies highlight the health risks of undersleeping, yet we never been asked to do more, and for longer. And we cant stop thinking that a lack of sleep is heroic: snoozing is a kind of laziness, after all. But why, when we know more about...

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- Authored by RM Vaughan
- Released at -



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