

The Promise Of Sleep: A Pioneer In Sleep Medicine Explores The Vital Connection Between Health, Happiness, And A Good Night's Sleep By William C. Dement

By William C. Dement

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Dement is the author of The Promise of Sleep a pioneer in sleep medicine explores the vital connection between health, happiness, and a good night's sleep.

http://en.wikipedia.org/wiki/William_C._Dement

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A well full of information on sleep, sleep disorders, sleep activism, sleep-related events and much more! Written by Dr. William Dement of Stanford University. Please
<http://web.stanford.edu/~dement/>

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William Charles Dement (born 1928) is a pioneering US sleep researcher and founder of the Sleep Research Center, the world's first sleep laboratory, at Stanford
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