



Night School: Wake up to the power of sleep

Richard Wiseman

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Almost a third of your whole life is spent asleep. Based on exciting new peer-reviewed research, mass-participation experiments and the world's largest archive of dream reports, Night School reveals how to: * Learn information and solve problems while you sleep * Find out why nightmares can be good for you, and what your dreams really mean * Unlock the creative power of the six-minute nap * Banish jet-lag, night terrors and snoring * Discover the secrets of the 'super sleepers' - and get the best night's sleep of your life Even a small lack of sleep has a detrimental effect on our health and happiness. Professor Richard Wiseman's authoritative, entertaining new book introduces the powerful new science of sleep - and gives us back the missing third of our days.

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