



# The Secret Life of Sleep

*Kat Duff*

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## **The Secret Life of Sleep** Kat Duff

Unlock the astonishing facts, myths, and benefits of one of the most endangered human resources—sleep.

**It has become increasingly clear that our sleep shapes who we are as much as, if not more than, we shape it.**

While most sleep research hasn't ventured far beyond research labs and treatment clinics, *The Secret Life of Sleep* taps into the enormous reservoir of human experiences to illuminate the complexities of a world where sleep has become a dwindling resource.

With a sense of infectious curiosity, award winning author Kat Duff mixes cutting-edge research with insightful narratives, surprising insights, and timely questions to help us better understand what we're losing before it's too late.

*The Secret Life of Sleep* tackles the full breadth of what sleep means to people the world over. Embark on an exploration of what lies behind and beyond our eyelids when we surrender to the secret life of sleep.

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