



Sleep: A Very Short Introduction

By Russell G. Foster

Oxford University Press Mrz 2012, 2012. Taschenbuch. Book Condition: Neu. 178x113x15 mm. Neuware - Why do we need sleep What happens when we don't get enough From the biology and psychology of sleep and the history of sleep in science, art, and literature; to the impact of a 24/7 society and the role of society in causing sleep disruption, this Very Short Introduction answers everything you've ever wanted to know about sleep. 146 pp. Englisch.



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