

# THE SLEEP INSTINCT

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Ray Meddis

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# Sleep Instinct

**Jessica J Manson**



## **Sleep Instinct:**

*The Sleep Instinct* Ray Meddis, 2017-09-07 Most of us believe that we sleep in order to rest our tired bodies and minds Originally published in 1977 this centuries old common sense view is challenged by Ray Meddis who describes and argues for a controversial new theory of the nature and function of sleep The theory seeks to replace the old view with the idea that sleep may no longer serve any important function in modern man Whereas the sleep instinct helps animals to survive by driving them to hide away for as long as possible each day this is no longer a valuable asset in civilised surroundings Nevertheless as the author explains we still feel driven by a primeval urge beyond conscious control to crawl away every evening to the security of our beds to wait out the dangerous hours of darkness which were such a threat to our ancestors Contrary to contemporary wisdom he also argues that dreaming is a primitive and particularly valueless kind of sleep a crude a dangerous heritage from our reptilian ancestors which is kept to a bare minimum in most adult warm blooded creatures Ray Meddis writes in a non technical style and succeeds admirably in making the science of sleep and intensive research studies on sleep accessible and even exciting for the general reader as well as for the scientist He shows that not everyone is bound by a felt need for sleep in fact some human beings discussed at length in the book thrive on less than two hours sleep a night without any ill effects The implications of the research described are little short of sensational in particular Dr Meddis believes that it is well within the bounds of possibility that future research will show us how changes can be brought about in normal people to free them from the bondage of their sleep instincts This new perspective also leads directly into a radical reappraisal of the nature of insomnia and new possibilities for treatment

**Instincts by Design** Ernest Howard Callahan, 2023-09-12 Inside *Instincts by Design* you will discover scientific mysteries of human and animal bodies only creation can explain This fascinating full color book explores the instincts that are necessary for life helpful for growth and necessary for protection *Instincts by Design* will keep readers captivated with answers to questions like these How does a baby know when to inhale and exhale How does a mother's milk change to meet the needs of her baby Why is the instinct to sleep one that we cannot override Why is it important that your tongue is the center of your taste receptors Why is the hunger instinct crucial for survival What instincts help brainless jellyfish hunt and kill their prey Why would God give horses the ability to sleep standing up How do more than 5000 species of birds journey thousands of miles every year The key question for someone doubting there is a God is whether these complex sets of instructions could have appeared without a Programmer *Instincts by Design* is the ProBible resource you will want to share with family and friends who need more evidence that they are fearfully and wonderfully made by the Almighty God Christian readers will finish this book with an awe of the creative perfectionist God who loves us so much that he did all this for everyone

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