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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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Promise of sleep | doctor steven y. park, md |

After seeing the Rockettes with my family last week, I was reminded of a story in Dr. William Dement's classic book, *The Promise of Sleep*. Just after receiving his

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Sometimes we focus on the wrong things. For example, it is easy to focus on trying to do more during the day while short changing our sleep at night.

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The promise of sleep: the scientific connection

THE PROMISE OF SLEEP is a wake-up call to us all to stop abusing our delicate biological clocks and to start taking sleep seriously as the foundation of good

Insight for girls the promise of sleep

A friend of mine sent me this article after hearing about Olivia's desire to party at four in the morning. At first when I read it, I didn't really connect with

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The sleep well - a website by dr. william dement

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