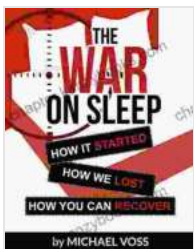


# The War on Sleep: The Rise and Fall of Sleep in America

Sleep is essential for our physical and mental health. It helps us to repair our bodies, consolidate our memories, and regulate our emotions. But in America, we are facing a sleep crisis. We are getting less sleep than ever before, and the quality of our sleep is declining.



## The War On Sleep: How it started. How we lost. How you can recover. by Michael Voss

★★★★☆ 4.8 out of 5

Language	: English
File size	: 5179 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 194 pages
Lending	: Enabled



The War on Sleep is a fascinating and disturbing history of sleep in America. Historian Aric Prather traces the ways in which technology, capitalism, and the pursuit of productivity have eroded our sleep habits. He shows how sleep deprivation has become a major public health crisis, and he offers practical advice on how we can get a better night's sleep.

## The Rise of Technology

The Industrial Revolution brought about a number of technological changes that disrupted our sleep patterns. The invention of the electric light bulb allowed us to work and play long after the sun went down. The development of the automobile made it possible for us to commute to work and school, even if it meant getting less sleep. And the rise of the internet has created a 24/7 culture in which we are constantly bombarded with information and entertainment.

These technological changes have made it harder for us to get a good night's sleep. The blue light emitted from our electronic devices can interfere with our sleep-wake cycle. And the constant availability of information and entertainment can make it difficult for us to wind down and relax before bed.

### **The Rise of Capitalism**

The rise of capitalism has also contributed to our sleep crisis. In a capitalist society, we are constantly under pressure to produce more and consume more. This can lead to a sense of urgency and anxiety that can make it difficult to fall asleep and stay asleep.

In addition, the pursuit of productivity has led to a number of changes in our work and school schedules. We are now expected to work longer hours and attend more meetings. And our children are often enrolled in a variety of after-school activities. These changes can make it difficult for us to get the sleep we need.

### **The Decline of Sleep**

The combined effects of technology, capitalism, and the pursuit of productivity have led to a decline in sleep in America. We are now getting

less sleep than ever before, and the quality of our sleep is declining.

The National Sleep Foundation recommends that adults get 7-8 hours of sleep per night. However, a recent study found that only about one-third of Americans are getting enough sleep. And even those who are getting enough sleep are often not getting good quality sleep.

## **The Consequences of Sleep Deprivation**

Sleep deprivation has a number of negative consequences for our health and well-being. It can lead to fatigue, irritability, and difficulty concentrating. It can also increase our risk of developing a number of chronic health conditions, such as obesity, heart disease, and diabetes.

In addition, sleep deprivation can impair our cognitive function and make it difficult to make decisions. This can have a negative impact on our work performance and our personal relationships.

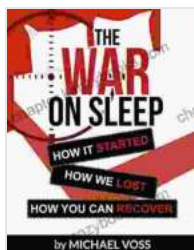
## **How to Get a Better Night's Sleep**

If you are struggling to get a good night's sleep, there are a number of things you can do to improve your sleep habits. Here are a few tips:

- Establish a regular sleep schedule and stick to it as much as possible, even on weekends.
- Create a relaxing bedtime routine to help you wind down before bed.
- Make sure your bedroom is dark, quiet, and cool.
- Avoid caffeine and alcohol before bed.
- Get regular exercise, but avoid exercising too close to bedtime.

- See a doctor if you have trouble sleeping for more than two weeks.

Getting a good night's sleep is essential for our health and well-being. If you are struggling to get enough sleep, talk to your doctor. There are a number of things you can do to improve your sleep habits and get the rest you need.



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