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Sweet Dreams: A Concise Summary of David K. Randall's "Dreamland: Adventures in the Strange Science of Sleep"

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Is it possible to kill someone while sleepwalking? Why do football teams from the West Coast win more often in games against their East Coast opponents? What is the meaning of our dreams? You can find quick answers to these and many other questions related to sleep in this short summary of David K. Randall's "Dreamland: Adventures in the Strange Science of Sleep". This digest gives you the essence of Randall's book in a plain and simple language accessible even for learners of English. For your convenience the book contains a section highlighting the essential facts, as well as explanatory footnotes.

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