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Titolo	Two in a bed [[electronic resource]] : the social system of couple bed sharing / / Paul C. Rosenblatt
Pubbl/distr/stampa	Albany, : State University of New York Press, c2006
ISBN	0-7914-8140-9 1-4237-9531-8
Descrizione fisica	1 online resource (229 p.)
Disciplina	306.4
Soggetti	Sleep - Social aspects Sleeping customs Interpersonal relations Couples Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references (p. 203-212) and index.
Nota di contenuto	Introduction -- Forming the couple system : learning to share a bed -- The bed -- Going to bed -- Activities in the transition from awake to sleep -- Temperature preferences -- Talking and touching -- Anger and the couple bed -- Illness and injury -- How can you sleep so soundly when I'm so wide awake? -- Outside intrusions into couple sleep -- Bathroom trips, tossing and turning, restless legs, sleep talking, grinding teeth, and nightmares -- Snoring and sleep apnea -- Safety, intimacy, and why couples sleep together -- Waking up in the morning -- Weekends -- Everyday life and the couple system.