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Titolo	Two in a bed : the social system of couple bed sharing // Paul C. Rosenblatt
Pubbl/distr/stampa	Albany : , : State University of New York Press, , 2006 ©2006
ISBN	0-7914-8140-9 1-4237-9531-8
Descrizione fisica	1 online resource (vii, 219 pages)
Disciplina	306.4
Soggetti	Sleep - Social aspects Sleeping customs Interpersonal relations Couples
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.
Sommario/riassunto	"Two in a Bed includes interviews with more than forty bed-sharing couples as they candidly discuss winding down and waking up, cold feet and tucked sheets, who sleeps near the door and who gets pushed to the edge, snoring, spooning, sleep talking, sleep walking, and the myriad other behaviors we negotiate in falling asleep, staying asleep, and waking up each morning beside a partner. In addition to exploring the routines and realities of sharing a bed with another person, these interviews reveal important information about sleep, relationships, and American society. Stressing the intricacy and importance of a previously

unremarked activity, Rosenblatt's Two in a Bed shows that sleep should no longer be viewed solely as an individual phenomenon."--Jacket