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Titolo	The slumbering masses [[electronic resource]] : sleep, medicine, and modern American life // Matthew J. Wolf-Meyer
Pubbl/distr/stampa	Minneapolis, MN, : University of Minnesota Press, c2012
ISBN	1-4529-4734-1 0-8166-8273-9
Descrizione fisica	1 online resource (306 p.)
Collana	A quadrant book
Disciplina	362.196849800973
Soggetti	Lifestyles - United States Sleep disorders - United States Sleepwalking - United States
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Abbreviations -- Preface: sleep at the turn of the twenty-first century -- Introduction: from the lone sleeper to the slumbering masses -- Sleeping, past, and present -- The rise of american sleep medicine : diagnosing and misdiagnosing sleep -- The protestant origins of American sleep -- Sleeping and not sleeping in the clinic : how medicine is remaking biology and society -- Cultures of sleep -- Desiring a good night's sleep : order and disorder in everyday life -- Now I lay me down to sleep : children's sleep and the rise of the solitary sleeper -- Pharmaceuticals and the making of modern bodies and rhythms -- Early to rise : creating well-rested American workers -- Chemical consciousness -- Sleeping on the job : from siestas to workplace naps -- Take back your time : activism and overworked Americans -- The limits of sleep -- Unconscious criminality : sleepwalking murders, drowsy driving and the vigilance of the law -- The extremes of sleep : war, sports, and science -- Conclusion: the futures of sleep -- Acknowledgments -- Notes -- Index.
Sommario/riassunto	Americans spend billions of dollars every year on drugs, therapy, and other remedies trying to get a good night's sleep. Anxieties about not getting enough sleep and the impact of sleeplessness on productivity, health, and happiness pervade medical opinion, the workplace, and

popular culture. In *The Slumbering Masses*, Matthew J. Wolf-Meyer addresses the phenomenon of sleep and sleeplessness in the United States, tracing the influence of medicine and industrial capitalism on the sleeping habits of Americans from the nineteenth century to the present. Before the introduction
