



All About Sleep From A to Zzzz

Elaine Scott

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Have you ever wondered what happens when you go to sleep? There's a lot more to it than you might think. Part of the time, your body is paralyzed. Part of the time your brainwaves are exploding with activity. If something goes wrong in the sleep process, you might find yourself getting dressed or eating a meal without ever waking up?you might even think you're being abducted by aliens. Awardwinning science writer Elaine Scott's clear explanations of what we know about sleep and what's still a mystery, graced by John O'Brien's lighthearted line drawings, will give you a whole new understanding of that third of your life that you spend asleep.

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