



# The Promise of Sleep: The Scientific Connection Between Health, Happiness and a Good Night's Sleep

*William C. Dement*

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## **The Promise of Sleep: The Scientific Connection Between Health, Happiness and a Good Night's Sleep**

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Loss of sleep saps our ability to experience pleasure, cuts down our productivity and puts our bodies in harm's way: 33per cent of traffic accidents are traceable to daytime sleepiness. This text is a wake-up call to us all about the importance of taking sleep seriously as the foundation for good health.

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