**Why We Sleep**

This is a fascinating read on losing and gaining control of your sleep rhythm. The benefits of a good night’s sleep are almost unparalleled by the other efforts to improve your health. After reading this you’ll never think of your bedtime in the same way again and you’ll be well equipped to unlock the power of sleep. Sleep benefits the brain with 3 main cognitive benefits:

1. Improved memory
2. Improve motor task proficiency (muscle memory)
3. Improved creativity

REM sleep connects your different memories, experiences and skills to create new ideas and insights.

This book is filled with evolutionary and scientific information about sleep, how REM sleep relates to different biological functions and lifestyle factors, and detailed insights, tips and ideas on how we can improve our quality and quantity of sleep.