

Why We Sleep

UNLOCKING THE POWER
OF SLEEP AND DREAMS

Matthew Walker, PhD

**Figure 1: Typical Twenty-Four-Hour Circadian Rhythm
(Core Body Temperature)**

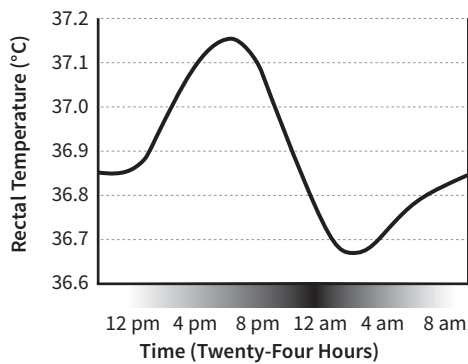


Figure 2: The Cycle of Melatonin

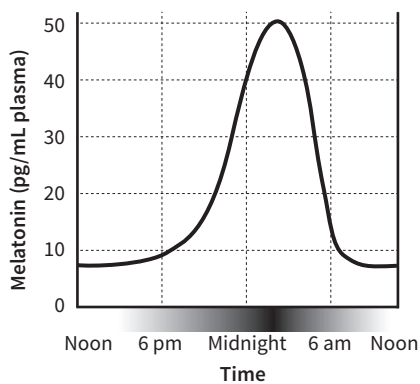


Figure 3: Effects of Various Drugs on Spider Web Building

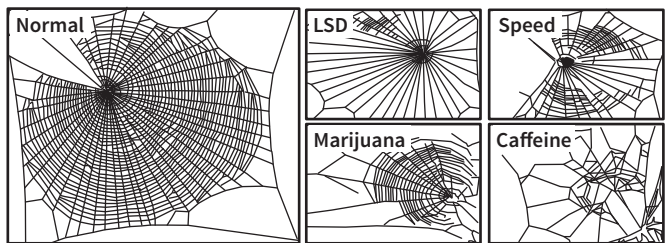


Figure 4: The Two Factors Regulating Sleep and Wakefulness

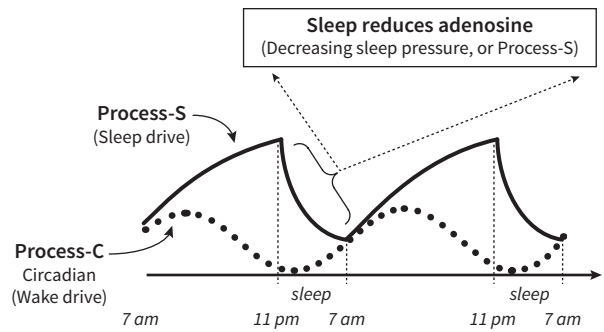


Figure 5: The Urge to Be Awake

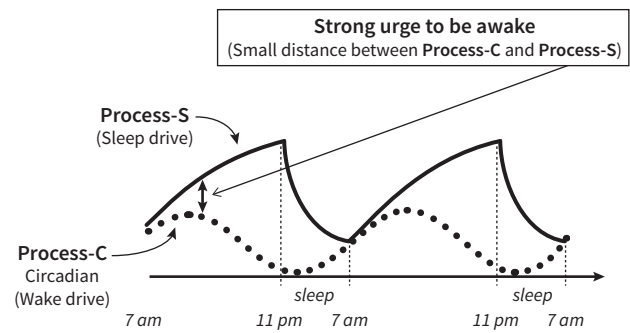


Figure 6: The Urge to Sleep

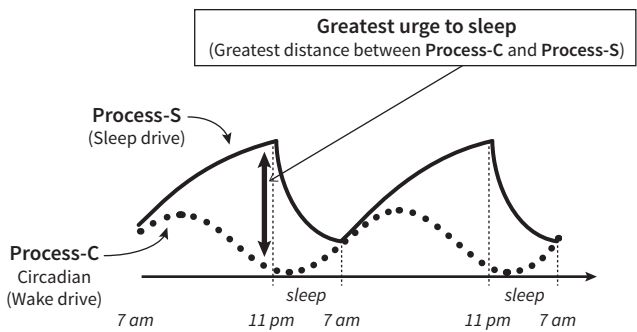


Figure 7: The Ebb and Flow of Sleep Deprivation

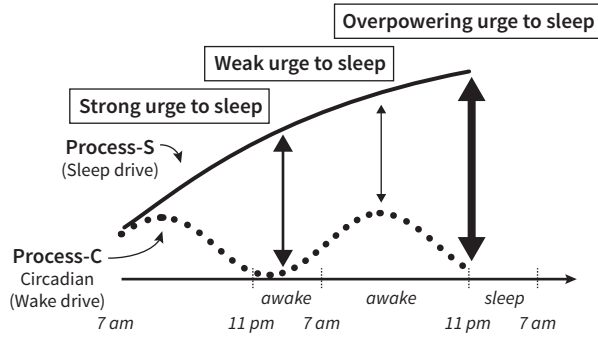


Figure 8: The Architecture of Sleep

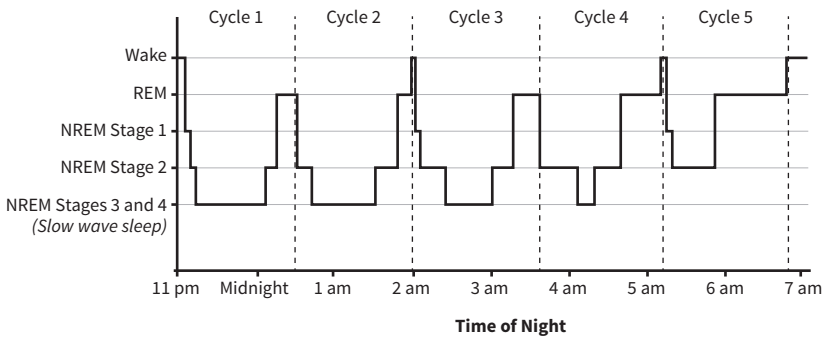


Figure 9: The Brainwaves of Wake and Sleep

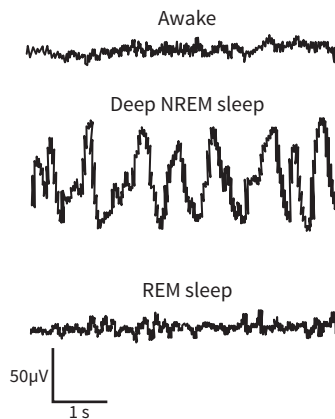


Figure 10: Sleep Loss and Sports Injury

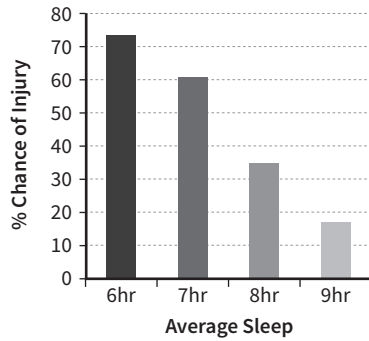


Figure 11: NBA Player Performance

More than Eight Hours Sleep vs. Less than Eight Hours Sleep

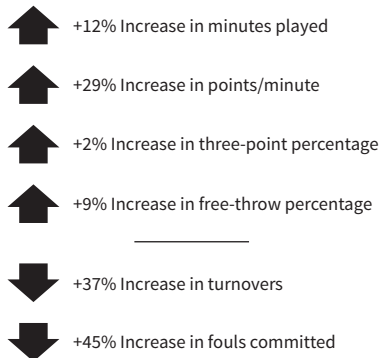


Figure 12: Sleep Loss and Car Crashes

