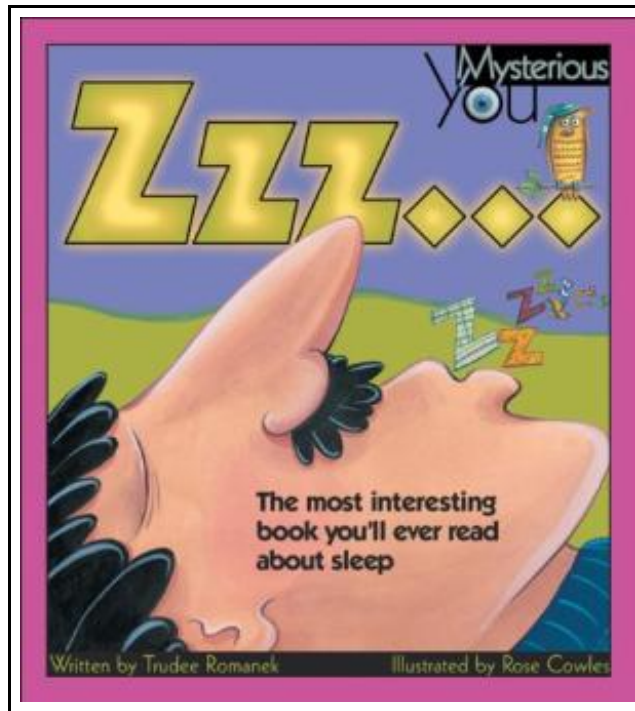


Zzz .: The Most Interesting Book You'll Ever Read About Sleep



Filesize: 5.65 MB

Reviews

Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).

(Myrl Hintz)

ZZZ .: THE MOST INTERESTING BOOK YOU'LL EVER READ ABOUT SLEEP



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Tonawanda, New York, U.S.A.: Kids Can Press, Tonawanda, New York, U.S.A., 2002. Soft cover. Book Condition: New. From Booklist: Gr. 3-6. The title sets the bar pretty high, but this book's funny illustrations and lively layout keep it from becoming, well . . . a snoozer. Romanek includes a wide variety of information, covering everything from REM sleep and yawning to sleep cycles, snoring, and dreams. Nothing is explored very deeply, but curious children will find plenty to interest them and answer their questions. A few experimental activities appear in sidebars. There's one obvious misstep: the author suggests that Edison invented the lightbulb after 1910 (it was invented in 1879). But, on the whole, this volume in the Mysterious You series is a fascinating, kid-friendly look at a subject that's much more complicated than it seems. Todd Morning Copyright © American Library Association. All rights reserved --This text refers to an out of print or unavailable edition of this title. Book Description: In the fourth Mysterious You book, Zzz ., kids uncover the secrets of sleep to find out how the body clock works, why the brain needs sleep, what happens during REM (Rapid Eye Movement) sleep and more. This unique book explores the mysteries of the human body using a mix of thoroughly researched factual information, amazing anecdotes and surprising try-it activities. Did you know? * If a person lives to be 70, they'll have spent 23 years sleeping. * Wolfgang Amadeus Mozart was inspired by music he heard in his dreams. * Gorillas who've learned sign language have been known to sign in their sleep!.



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