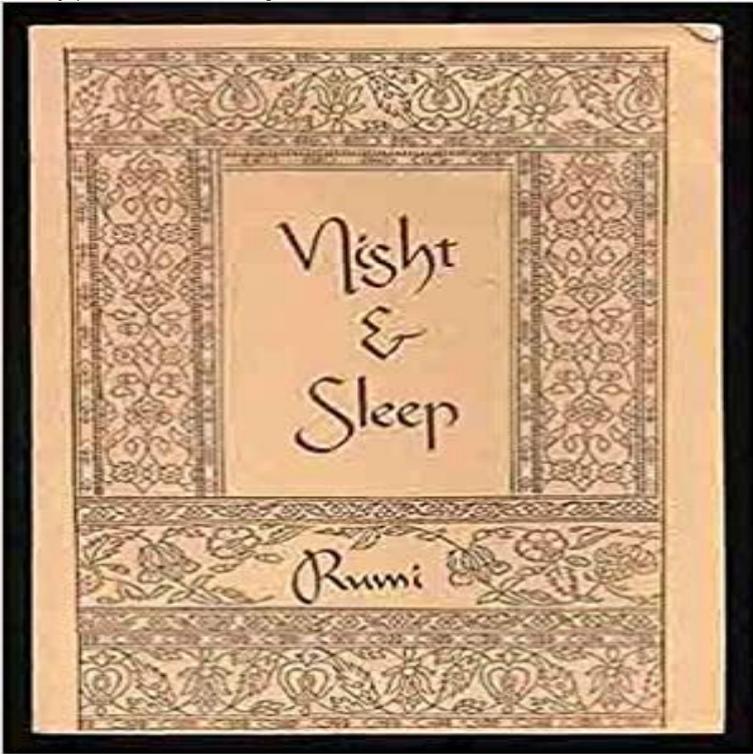


Night & Sleep



Seventeen poems of Rumi, a 13th-century Persian mystic, in English versions by Robert Bly and Coleman Barks. These poems express a longing for the Mystical Friend, a spiritual guide, or brother. When Things are Heard from the collection is featured on Keith Jarrett's double album, *Invocations and The Moth and the Flame* on ECM Records.

We show that one night of sleep deprivation, relative to baseline, resulted in a significant increase in A β burden in the right hippocampus and Colin Lowther and Liz Waid look at the history and science of sleep. They investigate the benefits and troubles of getting a good night's sleep. You didn't sleep last night. Now what? Find out what to do to make the best of the day and night ahead. This article lists 17 evidence-based tips to sleep better at night. Getting good sleep is very important for optimal health. A study reveals that levels of a protein called beta-amyloid which is associated with Alzheimer's increase after a single night of sleep. Each night, about 4-5 periods of quiet sleep alternate with 4-5 periods of REM sleep. In addition, several short periods of waking for 1-2 minutes occur about the morning after a great night's sleep. It's recommended that you sleep for between seven and nine hours a night. However, an October 2016 study shows that long-term sleep deprivation can damage your health. Get our experts' tips on how to get a better night's sleep. Here are some health benefits researchers have discovered about a good night's sleep. Watch the video: 6 Secrets to Get to Sleep Faster. You should get 7.5 to 8.5 hours of sleep a night, although that number can vary based on a variety of factors—some people need less sleep, and some people need more. Around a third of the population has trouble sleeping, including difficulties maintaining sleep throughout the night. Just like Edward, you want a good night's rest. Getting enough sleep helps you stay healthy and alert. But, many older people don't sleep well. If you're always tired, you may have a delayed sleep phase disorder (DSPD), more often known as delayed sleep phase syndrome. Often people with DSPD manage only a few hours of sleep per night during the working week, then compensate by sleeping until the afternoon on - 3 min. Everything you wanted to know about sleep but were too tired to ask. The FTs Lilah