

## SLEEP: THE FOURTH BASIC NEED

The purpose of the seminar is to explore the topic of sleep in its various facets. As important for human survival as air, food and water, the need for sleep has, until modern science focused on it, remained essentially mysterious. We will examine the proliferation of recent research in all major aspects of sleep, including: The physiology and psychology of sleep; Sleep rhythms and stages; Evolutionary and developmental aspects of sleep; Benefits of sleep for the brain and for the body; Dreaming, as therapy and as emotional and creative work; Effects of sleep deprivation; Sleep disorders; Insomnia and its treatments; Portrayals of sleep in myth, literature, poetry, art, and music.

We will rely on Matthew Walker's *Why We Sleep; Unlocking the Power of Sleep and Dreams*. Scribner, New York, 2017. This will be our text, and we expect participants to have read it by the start of the seminar. There are more than ample resources on the internet to supplement the text, and the moderators will provide a selective bibliography in advance of the seminar.

We will expect participants to pick a topic from the attached list and be responsible for a presentation to the group of one hour, including time for discussion. If participants are interested in an area outside the scope of the list, the moderators will be happy to consider accommodating them. Two emeritus auditors will be welcome.

The seminar is scheduled for Tuesday mornings, from 9:30 to 11:30 at the Meeting House, Northampton Lathrop.