



Sleep Demons: An Insomniac's Memoir

By Bill Hayes

[Download now](#)

[Read Online](#) 

Sleep Demons: An Insomniac's Memoir By Bill Hayes

Bill Hayes grew up in a family in which the question "How'd you sleep?" was as much a staple at the breakfast table as orange juice or coffee, a question that encouraged genuine reflection and a legacy of life-shaping implications. *If there's such a thing as an insomnia gene*, he tells us at the outset of this beautifully written memoir, *my father passed it on to me, along with his green eyes and Irish melancholy*.

Hayes' narrative affords an intimate look at one man's singular journey through contemporary life -- from his over-caffeinated, sleep-disturbed childhood as the son of a Coca-Cola bottler to the height of his insomnia, when his partner struggles with AIDS and Hayes must face an increasingly troubling and debilitating sleep disorder.

Armed with an infectious curiosity and an obsession with the mysteries of his personal demons, he leads readers on a fascinating exploration of sleep disorders and contends with all manner of theories and experimentation, from the conceptions of sleep in ancient mythology to today's state-of-the-art sleeping aids and clinics.

 [Download Sleep Demons: An Insomniac's Memoir ...pdf](#)

 [Read Online Sleep Demons: An Insomniac's Memoir ...pdf](#)

Sleep Demons: An Insomniac's Memoir

By Bill Hayes

Sleep Demons: An Insomniac's Memoir By Bill Hayes

Bill Hayes grew up in a family in which the question "How'd you sleep?" was as much a staple at the breakfast table as orange juice or coffee, a question that encouraged genuine reflection and a legacy of life-shaping implications. *If there's such a thing as an insomnia gene*, he tells us at the outset of this beautifully written memoir, *my father passed it on to me, along with his green eyes and Irish melancholy*.

Hayes' narrative affords an intimate look at one man's singular journey through contemporary life -- from his over-caffinated, sleep-disturbed childhood as the son of a Coca-Cola bottler to the height of his insomnia, when his partner struggles with AIDS and Hayes must face an increasingly troubling and debilitating sleep disorder.

Armed with an infectious curiosity and an obsession with the mysteries of his personal demons, he leads readers on a fascinating exploration of sleep disorders and contends with all manner of theories and experimentation, from the conceptions of sleep in ancient mythology to today's state-of-the-art sleeping aids and clinics.

Sleep Demons: An Insomniac's Memoir By Bill Hayes Bibliography

- Sales Rank: #1179890 in Books
- Brand: Washington Square Press
- Published on: 2002-01-29
- Original language: English
- Number of items: 1
- Dimensions: 8.30" h x .89" w x 5.40" l,
- Binding: Paperback
- 368 pages

 [Download Sleep Demons: An Insomniac's Memoir ...pdf](#)

 [Read Online Sleep Demons: An Insomniac's Memoir ...pdf](#)

Download and Read Free Online Sleep Demons: An Insomniac's Memoir By Bill Hayes

Editorial Review

From Publishers Weekly

For as far back as he can remember, Hayes has had trouble sleeping. He'd wander his parents' house at night, "existing on nothing but the fumes of consciousness," jealously wondering how everyone else slipped into dreamland so easily. From these nocturnal ramblings grew an unblinking, lifelong fascination with sleep (or the absence of it), which Hayes has transmuted into a skilled and graceful debut that variously reads like a journey of scientific discovery, a personal memoir and a literary episode of *Ripley's Believe It or Not*. Hayes, a freelance writer from San Francisco, chronicles all his attempts to secure a good night's rest, from folk remedies to psychotherapy to sleeping pills (which failed to provide relief: "The difference between drugged and natural sleep eventually reveals itself," Hayes writes, "like the difference between an affair and true romance"). In charting the struggle of scientists and philosophers throughout history to understand insomnia, Hayes produces a bonanza of oddball trivia. We learn the longest verified period without sleep was 180 hours, achieved in 1957 by an amphetamine-driven researcher, and that the presence of an internal biological clock was proved in 1955 by flying a hive of bees from Paris to New York on a newfangled jet. Intertwined with all these anecdotes are Hayes's recollections of growing up Catholic and coming to terms with his homosexuality. Though these memories have little to do with his reflections on insomnia, Hayes is such a fluid, poetic and entertaining writer that it doesn't matter. The explanation of how a researcher discovered REM (rapid eye movement) sleep by studying his own son, for example, is just as gripping as Hayes's descriptions of how he helped his partner manage his AIDS symptoms. An intelligent, beautifully written book, Hayes's curious hybrid will delight readers who snore past dawn as well as those who pace away while the midnight oil burns. Agent, Wendy Weil.

Copyright 2001 Cahners Business Information, Inc.

Review

Publishers Weekly (starred review) A skilled and graceful debut that variously reads like a journey of scientific discovery, a personal memoir, and a literary episode of *Ripley's Believe It or Not*....An intelligent, beautifully written book, Hayes' curious hybrid will delight readers who snore past dawn as well as those who pace away while the midnight oil burns. -- *Review*

About the Author

Bill Hayes studied writing at Santa Clara University and has worked for the San Francisco Museum of Modern Art, the Library Foundation, and the San Francisco AIDS Foundation. His work has been published in *The New York Times Magazine*, *Details*, and *Salon*, among other publications. He lives in San Francisco with his partner, Steve.

Users Review

From reader reviews:

Donald Spada:

Inside other case, little persons like to read book Sleep Demons: An Insomniac's Memoir. You can choose the best book if you'd prefer reading a book. As long as we know about how is important some sort of book Sleep Demons: An Insomniac's Memoir. You can add understanding and of course you can around the world by the book. Absolutely right, because from book you can recognize everything! From your country until

foreign or abroad you can be known. About simple issue until wonderful thing it is possible to know that. In this era, we can easily open a book or searching by internet gadget. It is called e-book. You can use it when you feel fed up to go to the library. Let's study.

Francis Gibbs:

The e-book with title *Sleep Demons: An Insomniac's Memoir* includes a lot of information that you can learn it. You can get a lot of benefit after read this book. This kind of book exist new know-how the information that exist in this book represented the condition of the world at this point. That is important to you to be aware of how the improvement of the world. This specific book will bring you within new era of the global growth. You can read the e-book in your smart phone, so you can read the idea anywhere you want.

Daniel Bailey:

As a student exactly feel bored in order to reading. If their teacher asked them to go to the library or make summary for some e-book, they are complained. Just small students that has reading's heart or real their leisure activity. They just do what the professor want, like asked to the library. They go to at this time there but nothing reading critically. Any students feel that reading is not important, boring in addition to can't see colorful pictures on there. Yeah, it is to become complicated. Book is very important for yourself. As we know that on this period of time, many ways to get whatever we would like. Likewise word says, ways to reach Chinese's country. Therefore this *Sleep Demons: An Insomniac's Memoir* can make you truly feel more interested to read.

Evelyn Rogers:

What is your hobby? Have you heard which question when you got college students? We believe that that concern was given by teacher on their students. Many kinds of hobby, Every person has different hobby. So you know that little person similar to reading or as studying become their hobby. You need to know that reading is very important and also book as to be the factor. Book is important thing to include you knowledge, except your own personal teacher or lecturer. You find good news or update concerning something by book. Different categories of books that can you choose to adopt be your object. One of them are these claims *Sleep Demons: An Insomniac's Memoir*.

Download and Read Online *Sleep Demons: An Insomniac's Memoir* By Bill Hayes #J2EOMG7QLFI

Read Sleep Demons: An Insomniac's Memoir By Bill Hayes for online ebook

Sleep Demons: An Insomniac's Memoir By Bill Hayes Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Sleep Demons: An Insomniac's Memoir By Bill Hayes books to read online.

Online Sleep Demons: An Insomniac's Memoir By Bill Hayes ebook PDF download

Sleep Demons: An Insomniac's Memoir By Bill Hayes Doc

Sleep Demons: An Insomniac's Memoir By Bill Hayes MobiPocket

Sleep Demons: An Insomniac's Memoir By Bill Hayes EPub

J2EOMG7QLFI: Sleep Demons: An Insomniac's Memoir By Bill Hayes