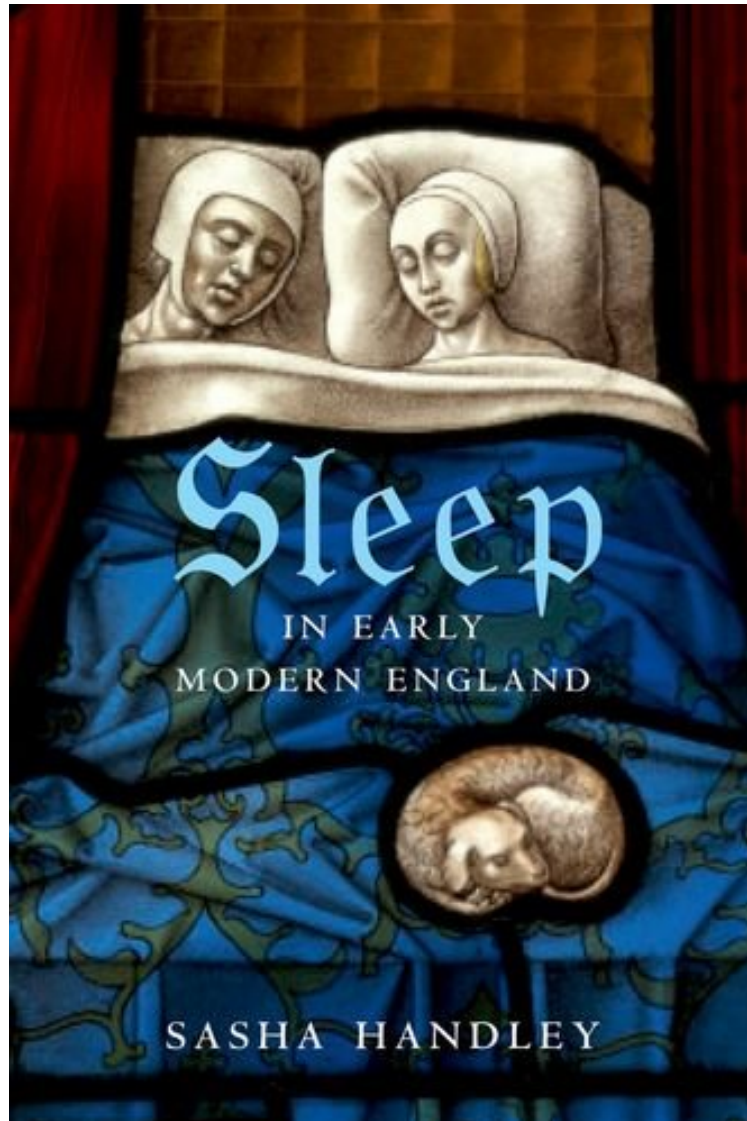


(Free read ebook) Sleep in Early Modern England

## Sleep in Early Modern England

*Sasha Handley*

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**Sasha Handley : Sleep in Early Modern England** before purchasing it in order to gage whether or not it would be worth my time, and all praised Sleep in Early Modern England:

A riveting look at how the early modern world revolutionized sleep and its relation to body, mind, soul, and society Drawing on diverse archival sources and material artifacts, Handley reveals that the way we sleep is as dependent on

culture as it is on biological and environmental factors. After 1660 the accepted notion that sleepers lay at the mercy of natural forces and supernatural agents was challenged by new medical thinking about sleep's relationship to the nervous system. This breakthrough coincided with radical changes shaping everything from sleeping hours to bedchambers. Handley's illuminating work documents a major evolution in our conscious understanding of the unconscious.

A book of sheer originality and novelty Handley tackles an almost completely neglected subject with disarming modesty. Judges, Wolfson History Prize