

Sleep and Society

Sociological Adventures into the (Un)known

Simon J. Williams

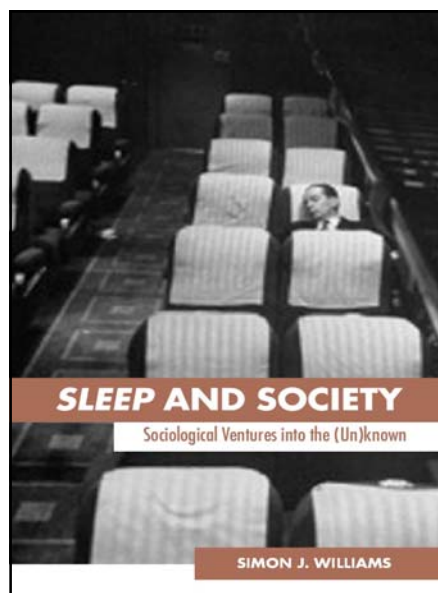
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Exploring the sociological aspects of sleep and their links to current health debates, this unique text discusses why sleep has been so neglected in sociological literature and examines significant issues such as:

- Historical and cross cultural aspects of sleep
- Sleep, dreams and embodiment
- Sleep across the lifecourse
- Sleep and social inequalities
- The politics of sleep
- The medicalisation and commodification of sleep

Written by a key international figure in medical sociology, this is the first sustained sociological engagement and examination of sleep, making it important reading for academics and advanced students of medical sociology, health studies, and sociology, as well as for professionals and policy makers involved in the area.



July 2005: 234x156mm: 184pp
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CONTENTS

1. Changing theories and explanations of sleep 2. Sleep through the centuries
3. Sleep, embodiment and the lifeworld 4. The social patterning and social organization of sleep 5. Colonizing/capitalizing on sleep 6. Conclusions: Remaining Questions and the Challenges Ahead

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