

SLEEP AND SLEEPLESSNESS

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649087280

Sleep and sleeplessness by H. Addington Bruce

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

H. ADDINGTON BRUCE

**SLEEP AND
SLEEPLESSNESS**

SLEEP AND SLEEPLESSNESS

MIND AND HEALTH SERIES

Edited by H. Addington Bruce, A.M.

SLEEP AND
SLEEPLESSNESS

BY

H. ADDINGTON BRUCE

AUTHOR OF "SCIENTIFIC MENTAL HEALING,"
"THE MIDDLE OF PERSONALITY," ETC.



BOSTON
LITTLE, BROWN, AND COMPANY

1920

Copyright, 1915,
BY LITTLE, BROWN, AND COMPANY.

All rights reserved

PREFACE

A STUDY of sleep falls naturally and inevitably into the scheme of the present series of handbooks, the purpose of which is to extend knowledge of the important discoveries affecting individual and social welfare that have been made during recent years through psychological investigation. Perhaps in no respect have the labors of modern psychologists — and particularly of medical psychologists — been more fruitful than in the light they have thrown on the phenomena of sleep. The nature of sleep itself has for the first time been experimentally as well as clinically studied, with results of great practical significance. The causes of sleeplessness have likewise been investigated more carefully than ever before, and discoveries

PREFACE

made that bring new hope to the victim of insomnia. As later stated, evidence is now available indicating that almost all insomnia is curable, and curable without recourse to drugs.

So, too, those common disorders of sleep — nightmare and somnambulism — have been scrutinized anew, and important conclusions reached as to their nature, causation, and proper treatment. No less exhaustive and painstaking have been the researches of the modern psychologists with regard to the general problem of the state of the mind in sleep, one result being the gaining of unexpected insight into the true significance of dreams. On the one hand they have been found to be, not mere haphazard products of the imagination, but mental images mirroring the inner life of the dreamer; and, on the other hand, scientific study of them has revealed unsuspected mental processes and powers as part of the common possession of mankind.

PREFACE

It has been my effort to present the results of all this varied investigation as compactly and clearly as possible; and in especial to make the presentation of practical helpfulness to the reader. To none of us are sleep and its phenomena of merely academic interest; they press upon us urgently, and the better we understand them the happier, healthier, and more efficient lives we can lead.

H. ADDINGTON BRUCE.

CAMBRIDGE, MASSACHUSETTS,
March, 1915.

Knights Dunlap

CONTENTS

| CHAPTER | PAGE |
|--|------|
| PREFACE | v |
| I. WHY WE SLEEP | 1 |
| II. THE MIND IN SLEEP | 37 |
| III. DREAMS AND THE SUPERNATURAL | 66 |
| IV. DISORDERS OF SLEEP | 114 |
| V. THE CAUSES OF SLEEPLESSNESS | 146 |
| VI. THE TREATMENT OF SLEEPLESSNESS | 178 |
| INDEX | 217 |