

Librarian's Shelf by Karen Stuart

Between the Covers: Sleep and Dreams

Columbus Public Library's summer reading program is underway with activities and reading prizes for both children and teens with the themes Dream Big- Read and Own the Night. Adult readers needn't feel left out however, as they have a theme of their own: Between the Covers.

Have you ever wondered what your brain does when you are between the covers? Or perhaps you have trouble getting between the covers in the first place? Explore these resources on sleep and dreams: the importance of quality sleep, sleep disorders, why we dream, how to interpret those dreams, and more.

"I Can Make You Sleep" by Paul McKenna, PhD focuses on relaxation and creating an environment that encourages sleep for insomniacs. It includes a guided hypnosis CD designed to reset your body's sleep mechanism. He explains how improving your quality of sleep will improve your life and gives instructions to help, such as how to clear your mind and the best temperature at which to sleep.

"10 Things You Should Know About Sleep" is a 50 minute video made by the BBC and available on our Access Video database. Simply go to our website, www.columbusne.us/library, and click the "E-Materials" link on the right side of the page. There you'll find links to all our databases in alphabetical order. Access Video has full length films and video clips that can be browsed by subject or searched with a search term.

A full length production, "10 Things You Should Know About Sleep" can be broken in 35 sections that range from 1 to 2 minutes each, covering topics such as insomnia, snoring, jet lag, and more. The video presents 10 scientific ways to get more, and better quality, sleep through herbal and natural remedies, including relaxation techniques. For example, the video presents the reason behind taking warm bath before bed. It isn't the warm bath water that makes your body relaxed and drowsy; it's actually exiting the bath that does the trick. When your core body temperature drops upon exiting the warm bath, you become drowsy. The 5 stages of sleep are also presented in this video by the BBC.

The 50 minute video, "Why Do We Dream?" is another BBC production available on the Columbus Public Library's subscription to Access Video. This video presents experiments and case studies researching the science of dreams, as well as their impact on memories, learning, and mental health. There are 12 sections running 2-5 minutes in length that discuss our dream state, the dark side of dreams, as well as interpretation of dreams.

For more in-depth information on dreams and sleep, visit our Salem Health database. The link to this, and our other databases, can be found on our website under "E-Materials." The articles in Salem Health are from medical or scholarly journals and have been written by doctors and psychologists.

If you are more interested in the meaning of dreams than the science being them, check out "The Complete Dream Book" by Gillian Holloway, PhD. Holloway instructs the reader how to identify which dreams are most valuable and worth interpreting. She also presents interpreted elements of dreams including situations, objects, body parts, and more. For example, according to Holloway, if you frequently dream about losing your teeth, you are probably compromising in a situation at a high cost to yourself.

Take some time this summer to explore what's between the covers of a new book and stop by Columbus Public Library to check out these titles and more on sleep and dreams, or visit our Access Video and Salem Health databases at www.columbusne.us/library.