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The Mind At Rest By Penelope A. Lewis**

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BSP 107 is an interview with Penelope A. Lewis, author of The Secret World of Sleep: The Surprising Science of the Mind at Rest. This is the transcript PDF.

What is dreaming and what does it tell us about memory? [excerpt]

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Penelope Lewis is a neuroscientist who's written "The Secret World of Sleep". The book looks at what our brain is doing when our body is at rest.

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The secret world of sleep: the surprising science of the mind at rest. Penelope A. Lewis. 1 ed. Palgrave Macmillan; 2013.

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Penelope A. Lewis is the author of The Secret World of Sleep (3.38 avg rating, 159 ratings, 45 reviews, published 2013)

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Title: The Secret World of Sleep: The Surprising Science of the Mind at Rest (Macsci) Author: Penelope A. Lewis

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Chapter 1: Why Sleep? Chapter 2: How do we know sleep is important for the brain? Chapter 3: Building blocks of the brain Chapter 4: How the brain controls sleep

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