

A composite image featuring two men. On the left, a man with dark hair and a beard is sleeping peacefully on a grey couch, wearing a teal long-sleeved shirt. On the right, another man with dark hair and a beard is sitting upright, resting his chin on his hand in a thoughtful pose, wearing a grey hoodie and a black smartwatch. The background is a vibrant purple.

Sleep Hacks That Work?

Sleep Hacks Today Open Now

Jicheng Xie

Sleep Hacks Today Open Now:

Technosleep Catherine Coveney, Michael Greaney, Eric L. Hsu, Robert Meadows, Simon J. Williams, 2023-06-25 This book draws on a variety of substantive examples from science technology medicine literature and popular culture to highlight how a new technoscientifically mediated and modified phase and form of technosleep is now in the making in the global north at least and to discuss the consequences for our relationships to sleep the values we accord sleep and the very nature and normativities of sleep itself. The authors discuss how technosleep at its simplest denotes the coming together or entanglements of sleep and technology and sensitizes us to various shifts in sleep technology relations through culture time and place. In doing so it pays close attention to the salience and significance of these trends and transformations to date in everyday night life their implications for sleep inequalities and the related issues of sleep and social justice they suggest.

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