

Wide Awake at 3:00 A.M.

By Choice or By Chance?

Richard M. Coleman



W.H. Freeman, 1986, 8 3/4" x 6 1/2", 195 pages, paperback, \$12.95

Science News Books
1719 N Street, NW
Washington, DC 20036

Please send _____ copy(ies) of **Wide Awake at 3:00 A.M.** I include a check payable to Science News Books for \$12.95 plus \$1.00 handling (total \$13.95) for each copy. Domestic orders only.

Name _____

Address _____

City _____

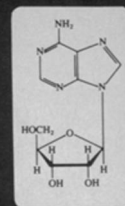
State _____ Zip _____

RB870

WIDE AWAKE AT 3:00 A.M. reveals how a person's biological clock (or sleep-wake cycle) works and how it controls periods of sleep, alertness, mood and performance. It offers techniques that can be used to reset one's biological clock to minimize common disruptions such as jet lag, changes in sunlight and darkness, insomnia, depression, fatigue or changes in work schedules. A non-technical, state-of-the-art account of sleep research and therapy, **WIDE AWAKE AT 3:00 A.M.** reports on a series of innovative sleep-wake studies that have culminated in practical applications to sleep and alertness problems characteristic of many areas of modern technological society. It presents important information on the mysteries of REM (rapid eye movement) sleep, narcolepsy, sleep apnea, dreams and night terrors.

— from the publisher

"Simply Elegant"



$$\int_{-\infty}^{+\infty} f(x) \delta(x-a) dx = f(a)$$



The Scientific Word Processor

call (800) 621-0851 ext. 204

The Peregrine Falcon Company

65 Koch Road · Suite B · Corte Madera, CA 94925

Books

Books is an editorial service for readers' information. To order any book listed or any U.S. book in print please remit retail price, plus \$1.00 handling charge for each book. To **Science News Books**, 1719 N Street, NW, Washington, DC 20036. All books sent postpaid. Domestic orders only.

The American Weekend Garden — Patricia Thorpe. Few pleasures, the author feels, equal that of creating a living, flowering landscape. Weekend gardeners spring from different circumstances—they may be working suburbanites with only the weekends in which to garden, or they may be those with weekend retreats from urban centers. Weekend gardeners have to find or make shortcuts. This well-illustrated book is directed to that audience. Random, 1988, 285 p., color/b&w illus., \$24.95.

Annual Review of Genetics, Vol. 21 — Allan Campbell, Ed. The prefatory chapter is a personal view of population genetics history by James F. Crow. The volume is dedicated to Laurence M. Sandler, who was associate editor of the *Annual Review of Genetics* from its inception in 1966 until his death in 1987. Annual Reviews, 1987, 501 p., illus., \$31.

Beginnings: The Story of Origins — of Man, kind, Life, the Earth, the Universe — Isaac Asimov. Short essays by this prodigious writer on the origins of many things in our universe, including the universe itself. Starts with human flight, continues with such topics as history and civilization, *Homo sapiens*, mammals, land life and continents, and works back to the origin of the universe through fossils, viruses, oceans, the atmosphere and the solar system. Walker & Co, 1987, 284 p., \$19.95.

The Great Design: Particles, Fields, and Creation — Robert K. Adair. "Physics," says the author, "is the study of the relations among observations of the physical universe." The primary concerns of physics, according to Adair, are the relations between particles and forces, which lead naturally to inquiries into the nature of space and time. Here a physicist explains these particles, forces and relationships to the general reader, using mathematics as little as possible. Oxford U Pr, 1987, 376 p., illus., \$24.95.

How to Think about Statistics — John L. Phillips Jr. An introduction for the general reader to the logic behind statistical analysis. Stresses the importance of focusing on logic rather than the manipulation of numbers. Shows how statistics are used in such fields as psychology, education, politics, sociology and social work. Points up how statistics can be misused and misinterpreted. W H Freeman, 1988, 198 p., charts & graphs, \$17.95, paper, \$9.95.

Running with the Fox — David Macdonald. From an early age this British zoologist was interested in foxes. When he reached the university, he learned the technique of successfully following foxes through the night, recording every aspect of their behavior and discovering facts about them that others had failed to notice. This book tells the stories of many of the foxes the author has encountered in his years of studying them. Short articles scattered throughout this beautifully illustrated book offer additional facts about foxes found round the world. Facts on File, 1987, 224 p., color/b&w illus., \$23.95.

State of the World 1988 — Lester R. Brown et al. The earth's physical condition is deteriorating on a number of major fronts, according to this fifth annual report by the Worldwatch Institute. Individual chapters describe in detail the specific actions needed to reverse these trends: raising energy efficiency, developing renewable energy sources, reforesting the earth, protecting biological diversity, reducing toxic wastes and promoting family planning. Putting the world on a sustainable development path will not be easy, says this report. "Unless the desire to ensure a sustainable future becomes a central concern of national governments," warns Brown, "the continuing deterioration of the economy's natural support system will eventually overwhelm efforts to improve the human condition." Norton, 1988, 237 p., charts & graphs, \$18.95, paper, \$9.95

UFO-Abductions: A Dangerous Game — Philip J. Klass. Traces the history of unidentified flying object reports. Meticulously shows that there is not a single credible UFO-abduction case. Klass questions whether needless fears are being foisted on the public by UFO supporters. Prometheus Bks, 1988, 200 p., illus., \$18.95.

Understanding Alzheimer's Disease: What It Is, How to Cope with It and Future Directions — Miriam K. Aronson, Ed. Provides current information about Alzheimer's disease and related disorders, telling how they are diagnosed, how they are managed and what treatments are available. Discusses specific day-to-day management strategies. Tells how these disorders affect the lives of the caregivers and suggests ways of reducing stress for them. Scribner, 1988, 380 p., illus., \$15.95.

MARCH 19, 1988

189

