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The Lost Art of Sleep. Michael McGirr (Picador, 2009)

Reviewed by Gillian Dooley for The Adelaide Review, September 2009.

Within half an hour of starting *The Lost Art of Sleep* I was slumbering peacefully, but though it's not the kind of book that'll keep you awake at night it might make you stay in bed on a Sunday morning to finish it. Genial and knowledgeable, McGirr takes us on a night journey through the history of sleep in literature, religion and science. Prompted by the arrival of twins in his own life, he examines the topic from all angles – from things that keep us awake, like babies, coffee and computers, to sleeping drugs and sleep disorders, with some endearingly bad jokes along the way. Warm, witty and personal.