Why We Sleep: Unlocking the Power of Sleep and Dreams by Matthew Walker

A first book by the director of UC Berkeley's Sleep and Neuroimaging Lab outlines a groundbreaking exploration of sleep that explains how to harness its transformative power to improve overall health and life quality, covering subjects ranging from caffeine and REM sleep to sleep patterns and the role of sleep in illness.


About the Author: Matthew Walker is Professor of Neuroscience and Psychology at the University of California, Berkeley, and Founder and Director of the Center for Human Sleep Science. He has received funding awards from the National Science Foundation and the National Institutes of Health, and is a Kavli Fellow of the National Academy of Sciences. He has been featured on numerous television and radio outlets, including CBS 60 Minutes, National Geographic Channel, NOVA Science, NRP and the BBC. (Bowker Author Biography)

Questions for Discussion

1. What is your main takeaway from the book?
2. What was most fascinating to you in the book? What was the most surprising to you?
3. How many hours of sleep do you get each night? Based on Walker's suggestions for healthier sleep, what is one idea that you would put into action to improve your current quality of sleep?
4. Matthew Walker believes that our society is in the middle of a “silent sleep loss epidemic,” which poses as the “greatest public health challenge in the 21st century.” What are your thoughts?
5. What do you think business leaders should take away from this book?
6. If you could recommend someone to read this book, who would it be and why?
7. Do you consider yourself to be a “morning lark” or a “night owl”?

(Questions provided by Dimensional Insight Book Club)