



Sleep Around the World: Anthropological Perspectives (Culture, Mind and Society)

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Although humans sleep for approximately one third of our lives, sleep itself is vastly understudied. As a biological universal, it is easy to overlook the degree to which culture shapes how we sleep, with whom we sleep, where and when we sleep, and how we conceptualize sleep. This edited volume explores the cultural dimensions of sleep in different societies around the world today, with the explicit intention of providing a comparative context through which we can understand the myriad ways in which sleep reflects, and literally (as well as metaphorically) embodies culture.

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