

Sleep Optimization Reviews New

Alan Petersen

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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

Predicted Humans Simona Chiodo, 2024-06-14 Predicting our future as individuals is central to the role of much emerging technology from hiring algorithms that predict our professional success or failure to biomarkers that predict how long or short our healthy or unhealthy life will be Yet much in Western culture from scripture to mythology to philosophy suggests that knowing one s future may not be in the subject s best interests and might even lead to disaster If predicting our future as individuals can be harmful as well as beneficial why are we so willing to engage in so much prediction from cradle to grave This book offers a philosophical answer reflecting on seminal texts in Western culture to argue that predicting our future renders much of our existence the automated effect of various causes which in turn helps to alleviate the existential burden of autonomously making sense of our lives in a more competitive demanding accelerated society. An exploration of our tendency in a technological era to engineer and so rid ourselves of that which has hitherto been our primary reason for being making life plans for a successful future while faced with epistemological and ethical uncertainties Predicted Humans will appeal to scholars of philosophy and social theory with interests in questions of moral responsibility and meaning in an increasingly technological world Podcast Studies Lori Beckstead, Dario Llinares, 2025-01-21 Podcast Studies Practice into Theory critically examines the emergent field of podcasting in academia revealing its significant impact on scholarly communication and approaches to research and knowledge creation This collection presents in depth analyses from scholars who have integrated podcasting into their academic pursuits The book systematically explores the medium s implications for teaching its effectiveness in reaching broader audiences and its role in reshaping the dissemination of academic work Covering a spectrum of disciplines the contributors detail their engagement with podcasting providing insight into its use as both a research tool and an object of analysis thereby illuminating the multifaceted ways in which podcasting intersects with and influences academic life The volume provides substantive evidence of podcasting s transformative effect on academia offering reflections on its potential to facilitate a more accessible and engaging form of scholarly output By presenting case studies and empirical research Podcast Studies Practice into Theory underscores the originality of podcasting as an academic

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