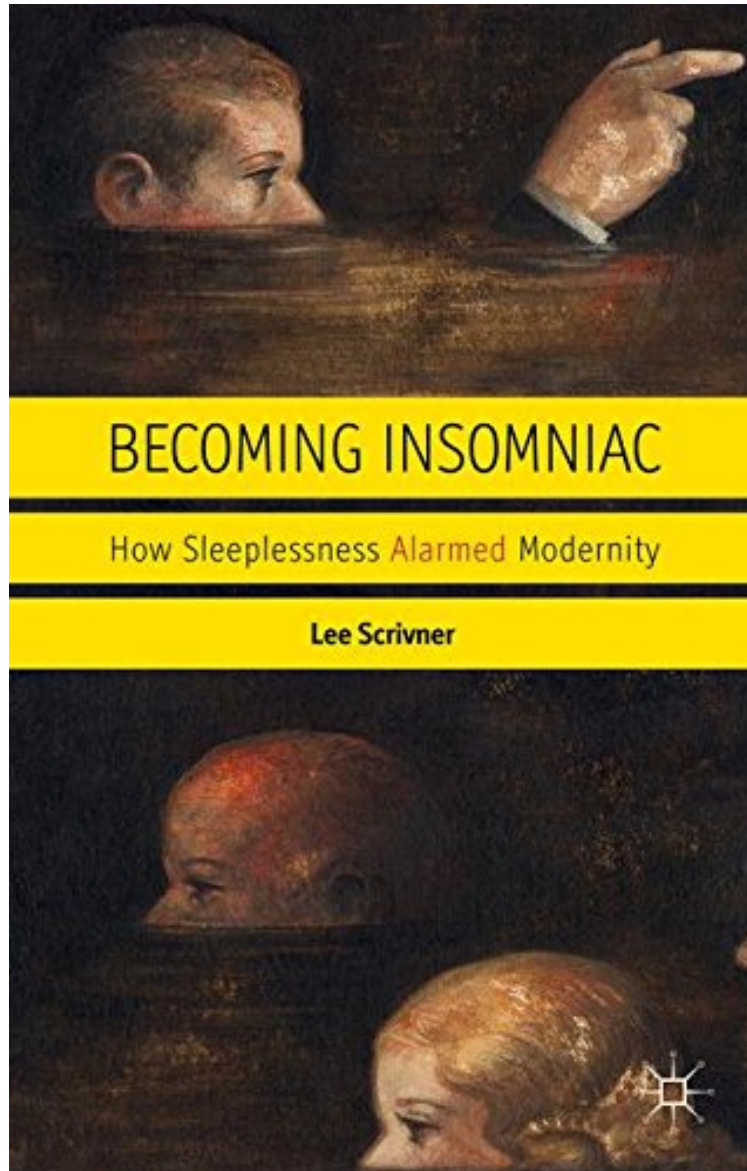


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## Becoming Insomniac: How Sleeplessness Alarmed Modernity

*L. Scrivner*

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#4474504 in Books Lee Scrivner 2014-09-24 2014-09-24Original language:EnglishPDF # 1 8.76 x .90 x 5.421, .0 #File Name: 1137268735257 pagesBecoming Insomniac How Sleeplessness Alarmed Modernity | File size: 32.Mb

**L. Scrivner : Becoming Insomniac: How Sleeplessness Alarmed Modernity** before purchasing it in order to gage whether or not it would be worth my time, and all praised Becoming Insomniac: How Sleeplessness Alarmed Modernity:

A study of the history of modern insomnia, this book explores how poets, journalists, and doctors of the Victorian period found themselves in near-universal agreement that modernity and sleep were somehow incompatible. It investigates how psychologists, philosophers and literary artists worked to articulate its causes, and its potential cures.

"...richly detailed and thorough in its research, *Becoming Insomniac* will no doubt prove a piquant counterpoint and complement to works such as Anson Rabinbach's *The Human Motor: Energy, Fatigue and the Origins of Modernity* (1990). Certainly, Scrivner has produced a novel and engaging study. Through uniting psychological, philosophical and literary perspectives, his history occupies a singular interdisciplinary nexus, offering much to the evaluation of insomnia as it was perceived in the late nineteenth and early twentieth centuries, and indeed in the Internet age." - Eleanor Dobson, *Cultural History*

From the Back Cover A global increase in insomnia is now being blamed on technologies that keep us perpetually "connected" - the Internet, social networking sites, and smartphones. Yet this phenomenon of technologized sleeplessness is not as new as we might think. Poets, journalists, and doctors of the Victorian period found themselves in near-universal agreement that modernity and sleep were becoming increasingly incompatible. They complained that the new, cutting edge technologies of their day - the telegraph, telephone, electric light, and railway - encroached upon the night and the mind to interrupt normal sleep cycles. This book provides a history of modern insomnia and shows how the modern world is essentially "Becoming Insomniac." It investigates what makes the sleepless condition so special - involving strange paradoxes of attention and volition - and reveals how psychologists, and literary artists of the Victorian period worked to articulate its phenomena, causes, and potential cures.

About the Author Lee Scrivner teaches in the Literature Department at American University in Washington, DC. Previously, he has taught English and the Humanities at the University of Nevada, Las Vegas, USA; The University of London, Birkbeck, UK; and at Bogaziccedil; University in Istanbul, Turkey.