

MUSIC, MIND, SLEEP AND DREAMS
Sources Reading List
2/19/2024

The New Science of Sleep – Cover story of Time Magazine
December 20, 2004

A Well-Tempered Mind – Peter Perret and Janet Fox,
Forward by Maya Angelou

Introduction by Frank B. Wood, Phd Professor of
Neurology Wake Forest University School of
Medicine.

Mr. Perret is Music Director and Conductor of the
Winston-Salem Symphony and teaches a grad level
neuroscience and music course at Wake Forest
University

Using Music to Help Children Listen and Learn



The Musical Experience – Leonard G. Ratner, Composer and Professor at Stanford.

Nature's Numbers - Ian Stewart, Professor of Mathematics at University of Warwick, winner of
the 1995 Michael Faraday Medal by the Royal Society.
Discovering order and pattern in the universe

Original Intelligence – David Premack, PhD and Ann Premack
Unlocking the Mystery of Who We Are

Nature Via Nurture – Matt Ridley, The Right Honourable The Viscount Ridley DL, FRSL, FMedSci
Genes, Experience & What Makes Us Human

How the Mind Works – Steven Pinker, Professor of psychology and director of the Center for
Cognitive Neuroscience at MIT

The Growth of the Mind – Stanley I. Greenspan, MD
And the Endangered Origins of Intelligence

Some Must Watch While Some Must Sleep – William C. Dement, MD, PhD
Sleep researcher and founder of the Sleep Research Center at Stanford University.
The Portable Stanford

The Far Side Gallery – Gary Larson

Wide Awake at 3:00 A.M. - Richard M. Coleman, MD, PhD

By Choice or by Chance – Co-director of the Stanford University Sleep Disorders Clinic

The Feeling of What Happens – Antonio Damasio, MD, PhD

Body and Emotion in the Making of Consciousness – M. W. Van Allen Distinguished Professor and Head of the Department of Neurology at the University of Iowa College of Medicine and adjunct professor at the Salk Institute for Biological Studies in La Jolla

The Developing Mind – Daniel J. Siegel, MD

How Relationships and the Brain Interact to Shape Who We Are

The Dana Guide To Brain Health – Editors: Floyd E. Bloom, MD, M. Flint Beal, MD, David J.

Kupfer, MD “... a reference on the brain to which I could refer the educated lay reader...”

Steven E. Hyman, MD

Images of Mind – Michael I. Posner, BS, MS, PhD and Marcus E. Raichle, MD

Describes the development of brain imaging including PET and fMRI.

Falling for Psychedelics – Cover Story for Stanford Alumni magazine, March 2023

Autism and sleep – interview with Chris Hoyle, MS

Director of The Autism Sleep Clinic

Huberman Lab Podcast, Andrew D Huberman Phd

Associate professor of neurobiology at Stanford University School of Medicine

You May Be Right – Billy Joel

A Day in the Life – The Beatles

<https://www.verywellhealth.com/the-stages-of-sleep-2224272>

The Stages of Sleep - By Mark Stibich, PhD

Mark Stibich, PhD, FIDSA, is a behavior change expert with experience helping individuals make lasting lifestyle improvements