

Coming This December...

PARADOX LOST midnight in the battleground of sleep and dreams

A new book by Carlos H. Schenck, M.D.

Minnesota Regional Sleep Disorders Center and University of Minnesota Medical School.

WWW.PARASOMNIAS-RBD.COM *go online and pre-order PARADOX LOST beginning late November

In this book, physician and scientist, Carlos H. Schenck, MD, tells of helping discover the "dream-enacting" disorder in 1982, which he and his colleagues named the "Rapid-eye-movement (REM) sleep behavior disorder" — RBD. Since the time that RBD was first reported by Dr. Schenck, Dr. Mark Mahowald and their colleagues in 1985, thousands of cases of RBD from around the world have been published in medical journals. RBD is now recognized to be one of the most important clinical discoveries on sleep, with major scientific implications. Dr. Schenck has also helped discover other sleep behavior disorders ("parasomnias"), such as Sleep-Related Eating Disorder, which are now known to be surprisingly common in the general population. Dr. Schenck now shares the stories told to him by more than 60 of his parasomnia patients and their families, who describe their fascinating yet dangerous and strange tales from "the far side of sleep." They also discuss the major beneficial impact on their lives brought about by the highly effective and safe therapies they received. Dr. Schenck discusses the science of parasomnias and their treatments, and the strong connection with the brain sciences, clinical medicine, psychology, law and literature.

SLEEP RUNNERS the stories behind everyday parasomnias

A new 60 min documentary DVD

Produced by Carlos H. Schenck, M.D. Directed by Brian L. Dehler

WWW.SLOWWAVEFILMS.COM WWW.DV-CINEMA.COM

This DVD shares the stories of 8 people who have spent their nights battling sleep behavior disorders ("Parasomnias"). The subjects share courageous stories of self-diagnosis, self-treatment, and their intriguing journeys of perseverance that lead them to recovery and a renewal of life, after receiving proper medical intervention. The stories include recurrent bouts of sleep-eating, sleep-driving, sleep-walking, violent dream enactments, and night terrors that result in day-time fears and anxieties. Sleep Runners shares these stories first hand and provides insight on diagnosis and treatment from the two of the pioneering doctors in the field of Parasomnias. You and your loved ones will have a better understanding of Parasomnias; enabling you to seek help for yourself or for someone you know.

Both the book and the DVD should interest people affected by parasomnias or other sleep disorders; and those interested in sleep, dreams, and human behavior from various perspectives; students and professionals in medicine, nursing, sleep technology, biology, neuroscience, law, psychology, sociology, anthropology, and other fields.

- Pre-Order the Sleep Runners DVD this November and get a 15% discount and free shipping

You pay only **\$21.25** (\$25.00 retail)



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