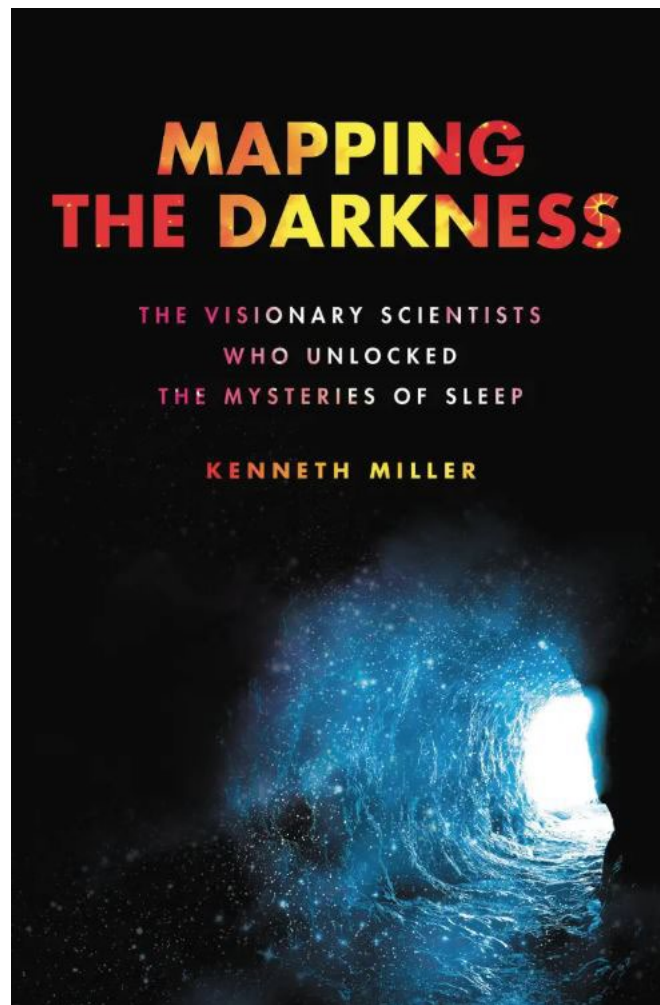


Mary Carskadon, PhD, and E.P. Bradley Hospital are featured in new book on the history of sleep science.

“Just a century ago, only a handful of scientists studied sleep—and not a single one did so full time. Most saw slumber as a nonevent, a nightly state of suspended animation,” Kenneth Miller writes in [\*Mapping the Darkness: The Visionary Scientists Who Unlocked the Mysteries of Sleep\*](#).



The book charts the paths of four scientists in addition to others who led advances in the field: Nathaniel Kleitman, PhD, Eugene Aserinsky, PhD, William Dement, MD, PhD, and Mary Carskadon, PhD.

Reviewers expressed high praise for this book. “In Miller’s hands,” Samantha Harvey wrote in the [\*NYTimes\*](#), “sleep is a territory of seductive, wondrous mystery, and his great achievement is balancing rigor and awe.” Brandy Shillace called the book “a sweeping journey of discovery” in her review for the [\*WSJ\*](#).