



# Becoming Insomniac: How Sleeplessness Alarmed Modernity

*L. Scrivner*

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**Becoming Insomniac: How Sleeplessness Alarmed Modernity** L. Scrivner

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.



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