

Sleep Studies: Non-Academic Resources
Compiled by Jeanique Tucker

Films, TV Shows and Documentaries

A Nightmare on Elm Street. Directed by Wes Craven. New Line Cinema, 1984.

Aliens. Directed by James Cameron. Twentieth Century Fox, 1986.

Bowman, Rob, dir. "Sleepless." In *The X-Files*. Fox Network. October 7, 1994.

Buck Rogers. Directed by Ford Beebe and Saul A. Goodkind. Universal Pictures, 1939.

Chasing Sleep. Directed by Michael Walker. Lions Gate Films, 2000.

Dreamscape. Directed by Joseph Ruben. Twentieth Century Fox, 1984.

England, Russell, dir. "Sleep." In *The Truth About...*BBC One. May 11, 2017.

Fight Club. Directed by David Fincher. 20th Century Fox, 1999.

The Charmings. ABC Television. March 20, 1987.

Green, Bruce Seth, dir. "Nightmares." In *Buffy the Vampire Slayer*. The WB Television Network. May 12, 1997.

Halvorson, Gary, dir. "The One with the Nap Partners." In *Friends*. NBC Universal. November 9, 2000.

Haynes, Toby, dir. "A Christmas Carol." In *Doctor Who*. BBC. December 25, 2010.

Holcolb, Rod, dir. "Greetings from Earth." In *Battlestar Galactica*. ABC Television. February 25, 1979.

Idiocracy. Directed by Mike Judge. Twentieth Century Fox, 2006.

Inception. Directed by Christopher Nolan. Warner Brothers, 2010.

Insomnia. Directed by Christopher Nolan. Alcon Entertainment, 2002.

Into the Woods. Directed by Rob Marshall. Walt Disney Productions, 2014.

Make Me a Leader. Directed by Silvia Damiano. About My Brain Institute, 2018.

Maniac. Directed by Cary Joji Fukunaga. September 21, 2018.

Mirror Mirror. Directed by Tarsem Singh. Relativity Media, 2012.

Molotnikov, Justin, dir. "Sleep No More." In *Doctor Who*. November 14, 2015.

Shattered. Endemol Entertainment UK. January 4, 2004.

One Hour Photo. Directed by Mark Romanek. Twentieth Century Fox, 2002.

Paprika. Directed by Satoshi Kon. Sony Pictures Entertainment, 2006.

Passengers. Directed by Morten Tyldum. Columbia Pictures, 2016.

Requiem For A Dream. Directed by Darren Aronofsky. Aventi, 2007.

Sleep No More. Directed by Phillip Guzman. RLJE Films, 2018.

"Sleep No More." In *Killing Time*. January 1, 2019.

Sleeping Beauty. Directed by Clyde Geronimi. Walt Disney Productions, 1959.

Sleeping Beauty. Directed by Julia Leigh. Paramount, 2011.

Sleeping Beauty. Directed by David Irving. Columbia-Cannon-Warner, 1987.

Sleeping Beauty. Directed by Casper Van Dien. The Asylum, 2014.

Sleeping Beauty. Directed by Rene Perez. Eurovideo, 2014.

Sleeping Rough. Directed by Owain Astles. 2018.

Sleeping Rough: Girls Living on the Streets of Brighton. BBC Three. YouTube. November 5, 2017.

Snow White and the Huntsman. Directed by Rupert Sanders. Universal Pictures, 2012.

Snow White and the Seven Dwarfs. Directed by William Cottrell and David Hand. Walt Disney Productions, 1937.

Snow White: A Tale of Terror. Universal Pictures, 1997.

Some Call It Loving. Directed by James B. Harris. Cineglobe, 1973.

Sydney White. Directed by Joe Nussbaum. Universal Pictures, 2007.

Taxi Driver. Directed by Martin Scorsese. Sony Pictures Home Entertainment, 2008.

The Curse of Sleeping Beauty. Directed by Peary Reginald Teo. Lionsgate, 2016.

The Descendants. Directed by Kenny Ortega. Disney Channel, 2015.

The Machinist. Directed by Brad Anderson. Paramount Classics, 2004.

The Matrix. Directed by The Wachowski Brothers. Warner Brothers, 1999.

The Mystery of Sleep. Directed by Mel Stuart. Netflix, 2010.

The Science of Sleep. Directed by Michel Gondry. Gaumont International, 2006.

Tully. Directed by Jason Reitman. Focus Features, 2018.

Walker, Giles, dir. "Frozen in Time." In *PSI Factor: Chronicles of the Paranormal*. October 27, 1997.

Whedon, Joss, dir. "Restless." In *Buffy the Vampire Slayer*. The WB Television Network.

Who Needs Sleep? Directed by Haskell Wexler. Outpost Studios, 2006.

Wiecha, Joe, dir. "Sleep No More." In *Ghost Stories*. January 19, 1998.

*Kramer and sleep in Seinfeld

Ted Talks

Foster, Russell. "Why Do We Sleep," 2013.

https://www.ted.com/talks/russell_foster_why_do_we_sleep

Huffington, Arianna. "How to Succeed? Get More Sleep," 2010.

https://www.ted.com/talks/arianna_huffington_how_to_succeed_get_more_sleep

Gartenberg, Dan. "The Brain Benefits of Deep Sleep- and How to Get More of It," 2017.

https://www.ted.com/talks/dan_gartenberg_the_brain_benefits_of_deep_sleep_and_how_to_get_more_of_it

Gamble, Jessa. "Our Natural Sleep Cycle is Nothing Like We Do Now," 2010.

https://www.ted.com/talks/jessa_gamble_how_to_sleep

Eng, Karen Frances. "When Sleeping is an Act of Protest," 2018.

<http://ideas.ted.com/when-sleeping-in-public-is-an-act-of-protest>

Novels

Bellamy, Edward. *Looking Backward: 2000-1887*. Digireads, 2018.

Bohjalian, Chris. *The Sleepwalker*. Toronto: Anchor Canada, 2018.

Calhoun, Kenneth. *Black Moon*. Hogarth Publishing, 2015.

Chaon, Dan. *Stay Awake: Stories*. New York: Ballantine Books, 2012.

Clarke, Arthur C. *3001: The Final Odyssey*. Norwalk, CT: Easton Press, 2009.

Coe, Jonathan. *The House of Sleep*. London: Penguin Books, 2014.

Collins, Wilkie. *The Woman in White*. Harlow: Pearson Education, 2008.

Gillon, Diana Pleasance, and Meir Selig. Gillon. *The Unsleep*. London: New English Library, 1963.

Gilman, Charlotte Perkins. *The Yellow Wallpaper*. New York: Open Road Integrated Media, 2015.

Haun, Jeremy, Brian Koschak, and Jill Beaton. *Narcoleptic Sunday*. Portland, OR: Oni Press, 2007.

Huston, Charlie. *Sleepless*. Orion Publishing Group, 2011.

Irving, Washington. *Rip Van Winkle*. Carlisle, MA: Applewood Books, Publishers of Americas Living past, 2012.

King, Stephen. *Insomnia*. Barcelona: Debolsillo, 2009.

King, Stephen, and Owen King. *Sleeping Beauties*. London: Hodder & Stoughton, 2018.

Kress, Nancy. *Beggars in Spain*. New York: Eos, 2004.

Lovecraft, HP. "Cool Air." In *Tales*. Library of America, 2005.

Moshfegh, Ottessa. *My Year of Rest and Relaxation*. New York: Random House, 2018.

Poe, Edgar Allan. *Some Words with a Mummy*. Read Books, 2012.

Ricci, Nino. *Sleep*. Toronto, Ontario: Anchor Canada, 2016.

Russell, Karen. *Sleep Donation: A Novella*. Atavist Books, 2014.

Stevenson, Robert Louis., and Robert Hunter. *The Land of Nod*. Consortium Book Sales & Dist., 2017.

Memoirs

Butler, Blake. 2011. *Nothing: A Portrait of Insomnia*. New York, N.Y.: Harper Perennial.

Cunningham, Sara. 2014. *How We Sleep At Night: A Mother's Memoir*. CreateSpace Independent Publishing Platform.

Hayes, Bill. 2018. *Sleep Demons: An Insomniac's Memoir*. University of Chicago Press.

Nestor, Theo Pauline. 2009. *How to Sleep Alone in a King-Size Bed: A Memoir of Starting Over*. Broadway Books.

Flygare, Julie. 2012. *Wide Awake and Dreaming: A Memoir of Narcolepsy*. Mill Pond Swan Publishing.

Crisp, Claire. 2017. *Waking Matilda: A Memoir of Childhood Narcolepsy*. Palace Gate Press.