Why We Sleep: The New Science of Sleep and Dreams ★★★★★

Matthew Walker | Allen Lane | 368pp | £20
ISBN: 9780241269060 (hardback)

Reviewed by Penny Storrs, rheumatology nurse specialist, rheumatology nursing, Pennine MSK

This informative, comprehensive, up-to-date book encompasses all aspects of sleep medicine. Written by a world authority and scientific expert, it explains in simple terms but with interesting detail the different stages of sleep, how they change throughout life, and why each one is important.

The author describes how sleep research has informed experts. The information is both challenging and important for health professionals and the public; even moderately disturbed sleep has been shown to have a long-term, irreversible, damaging impact on ‘every major system, tissue and organ of your body’.

This book is a fascinating, informative and enjoyable read that also acts as a useful reference book for health professionals.

Understanding Ethics for Nursing Students (Second edition) ★★★★★

Part of the Transforming Nursing Practice series, this book is a welcome contribution to the broad range of literature related to nursing ethics.

It is effectively structured and covers various aspects of ethics, including definitions, theories and principles.

A well-presented discussion of ‘what ethics is and is not’ encourages readers to reflect on their personal ethical viewpoint and the factors that have influenced it, rather than viewing ethical practice as adherence to established theories and principles.

The need for nurses to develop their ethical awareness and understanding is promoted throughout the book.

Overall, it is accessible and easy to read. A practice focus is maintained throughout and each chapter is linked to relevant Nursing and Midwifery Council standards and essential skills clusters.

The book promises to ‘strengthen the ability of nurses to develop the values that will underpin their work and enable them to offer ethical services and leadership’. Readers are encouraged to explore material via a series of carefully considered activities that provide opportunities for reflection and discussion.

Although the title indicates that the book is directed at nursing students, it provides an excellent introduction to ethics for all nurses, regardless of their level of experience.

I would recommend it as an addition to nurses’ personal library, as the range of issues it covers would stand repeated reading and reflection.

Peter Ellis | Learning Matters/Sage

Reviewed by Chris Chaloner, associate academic, University of Derby

Understanding Ethics for Nursing Students

Matthew Walker | Allen Lane | 368pp | £20
ISBN: 9780241269060 (hardback)

Reviewed by Penny Storrs, rheumatology nurse specialist, rheumatology nursing, Pennine MSK

This informative, comprehensive, up-to-date book encompasses all aspects of sleep medicine. Written by a world authority and scientific expert, it explains in simple terms but with interesting detail the different stages of sleep, how they change throughout life, and why each one is important.

The author describes how sleep research has informed experts. The information is both challenging and important for health professionals and the public; even moderately disturbed sleep has been shown to have a long-term, irreversible, damaging impact on ‘every major system, tissue and organ of your body’.

This book is a fascinating, informative and enjoyable read that also acts as a useful reference book for health professionals.

Matthew Walker | Allen Lane | 368pp | £20
ISBN: 9780241269060 (hardback)

Reviewed by Penny Storrs, rheumatology nurse specialist, rheumatology nursing, Pennine MSK