

Randy Thompson No Sleep Till... Annotated Bib.

Books

Guilleminault, Christian, et al, eds. Fatal Familial Insomnia: Inherited Prion Diseases, Sleep, and the Thalamus. New York. Raven Press. 1994.

This is an interesting book that combines the research papers of about 30 different doctors. It is a difficult read as it is intended for people with some understanding of physiological psychology. It mainly deals with the effects of long-term sleep deprivation and sleep disorders that result in casualties.

Meddis, Ray. The Sleep Instinct. Boston. Routledge & Kegan Paul. 1977.

The sleep instinct has the premise that sleep is an outdated survival instinct and is not really necessary for the modern man. Meddis isn't suggesting that we give it up, but rather suggests that it is a conditioned response and that a large portion of the side effects attributed to sleep deprivation are similar to those of breaking any well established habit.

Broughton, Roger J, and Robert D. Ogilvie. Sleep, Arousal, and Performance. Boston. Birkhauser. 1991.

Another collection of research papers, this book is specifically about how a lack of sleep affects mental function during the day. I will be reading this to try to quantify my own experiences.

Mavromatis, Andreas. Hypnagogia: the unique state of consciousness between wakefulness and sleep. New York. Routledge & Kegan Paul. 1987.

A very fascinating book that delves into the topic of hypnagogia from a scientific and cultural perspective. There is a lot of information of how perception is affected by sleepiness and art that has been created about the state between being awake and asleep.

Thorpy, Michael J, and Jan Yager, eds. The Encyclopedia of Sleep and Sleep Disorders. New York. Facts on File. 1991.

This is the newest version of a comprehensive guide to sleep disorder. It has info not only on insomnia but other issues relating to sleep.

Coe, Jonathan. The House of Sleep. New York. Knopf. 1998.

A novel set about a group of psychologists involved in a sleep study. I included this as a breath of fresh air among so many "heavy" books.

Weinberg, Bennett Alan, and Bonnie K. Bealer. The World of Caffeine. New York. Routledge.

2001.

This is all about caffeine and it's history. It goes in depth into the prevalence of it in society, as well as the physical and mental affects of long term use.

Ellman, Steven J, and John S. Antrobus. The Mind in Sleep: psychology and psychophysiology. New York. Wiley. 1991.

A fascinating look at the physical side of sleep. This book details what goes on in the brain chemically when we rest. It also theorizes about the function of sleep psychologically.

Wahlstrom, Kyla L. ed. Adolescent Sleep Needs and School Starting Times. Bloomington. Phi Delta Kappa Educational Foundation. 1999.

This book is aimed at educators and primary education managers. As such it is not the most scientific. It deals with the effects if sleepiness and early school starting times on children. I am going to use it as a key for my own experiences with primary education.

Alvarez, A. Night: night life, night language, sleep and dreams. New York. W. W. Norton. 1995.

This book is not the most scientific, but deals with dreams in a historical literary sense. I hope to gather info on the reaction to sleeplessness historically.

Miyake, Akira, and Priti Shah, eds. Models of Working Memory: Mechanisms of Active Maintenance and Executive Control. New York. Cambridge University Press. 1999.

This is a collection of research papers about the physiology of short-term memory. I thought it might help me understand how memory and daily performance can be affected by insomnia.

Merleau-Ponty, Maurice. The World of Perception. New York. Routledge. 1948.

A philosophic take on perception. This is a transcription of a series of lectures on perception that were delivered on french public radio.

Ellis, Carolyn. The Ethnographic I: a methodological novel about autoethnography. New York. AltaMira Press. 2004.

This is an attempt to comment on autoethnography in an autoethnographic form. I was interested in this as a way to better understand the form itself.

Hardin, C. L. Color for Philosophers. Indianapolis. Hackett Pub. Co. 1988.

This deals with the philosophy of color choice, how color has been interpreted

historically. I was hoping to use this to guide my own color choices in post production.
Falzon, Christopher. Philosophy Goes to the Movies: an introduction to philosophy. New York.
Routledge. 2002.

This is an engaging book that attempts to teach the basics of philosophy through the body
of popular film. I thought that it would make these concepts easier for me to read, coming from a
topic I have knowledge of.

AV.

“The Mind Awake and Asleep.” Discovering Psychology. WGBH. Boston. 2001.

“Remembering And Forgetting.” ----

“Sensation and Perception” ----

A series of films made by WGBH for public television about psychology. The ones I am
referencing deal with sleep, perception and memory.

Sans Soleil. Dir. Chris Marker. Argos Film. 1982.

This film deals with issues of memory and perception. I’m referencing it for these
reasons.

Fight Club. Dir. David Fincher. Perf. Brad Pitt, Edward Norton. Fox 2000 Pictures. 1999.

This mainstream narrative film talks directly about insomnia and dreams. It brings up a
scary scenario brought on by extended insomnia mixed with schizophrenia.

Insomnia. Dir. Erik Skjoldbjærg. Perf. Maria Mathiesen, Stellan Skarsgard. 1997.

This Swedish detective drama deal with issues that are close to it's name. It is a narrative that follows a man in the north who is investigating a murder but is unable to sleep in the permanent daylight of the summer.

Pi. Dir. Darren Aronofsky. Perf. Sean Gullette, Mark Margolis. 1998.

I will be referencing the hip-hop montage style that Aronofsky develops in this film. There is also a unique relationship between the camera and the protagonist in this film.

Requiem for a Dream. Dir. Darren Aronofsky. Perf. Ellen Burstyn, Jared Leto, Jennifer Connelly, Marlon Wayans. 2000.

This is also referenced for stylistic reasons.

Online

Snyder, Tim and Niko Tonks. Darren Aronofsky: First Person Cinema. 2005. Carleton College. March 16, 2006. <<http://www.people.carleton.edu/~tonksn/aronofsky/index.html>>

An excellent online resource about Darren Aronofsky. It was created by some professors at Carleton College for a film class. It goes into lots of detail about stylistic choices.

Aguirre, Peio, and Leire Vergara. Video Programme Outside Cinema: The Spirit of Portraying. May 2004. Donostiako Arte Ekinbideak. March 16, 2006. <<http://www.daeweb.org/en/PROJECTS/cine.html>>

This is the site of an arts collective out of San Sebastien. The paper referenced deals with issues of representation of perception in photography and video.

Wuss, Peter. Analyzing the Reality effect in Dogma Films. Date Unspecified. University of Central Arkansas. 3/17/2006. <http://www.uca.edu/org/ccsmi/journal2/ESSAY_Wuss.htm>

This is a paper about how the form of Dogma 95 affects the way the films are perceived.
It might be a good resource for info on presenting reality through handheld home video.
Jordan, Randolph. The Gap: Documentary Truth between Reality and Perception. 1/31/2003.
OffScreen. 3/17/2006 <http://www.horschamp.qc.ca/new_offscreen/documentary_truth.html>

This deals with the perception of what is real in film. I think it might be helpful in making my subject more accessible.