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writes Arianna
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who we are, we
share a common
need for sleep.

Though this need
has been a
constant
throughout human
history, our
relationship to
sleep, and our
understanding of
its vital benefits,
has gone through

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dramatic ups and
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A 2014 study from Louisiana State University found that participants who drank a glass of tart cherry juice twice a day for two weeks slept an average of eighty-five minutes more each night than those who drank the placebo.” —
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the ability to take
back control in
their lives, so they
can experience
happiness and live
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Revolution both sounds the alarm on the worldwide sleep crisis and offers a road map for how we can take back our sleep and transform our lives and our world.

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