



Date : 06/02/2019

Pages : 288

Format cm : 16 x 24

Prix : 19.0

EAN : 9782234085893

To Conquer Sleep

Author: Hugo Mercier

Publisher : Stock

Category : Humanities and Non-Fiction

Genres : Essay

Keywords : Cooking

A third of the world's population suffers from sleep issues. For Hugo Mercier, creator of the startup Dreem, sleeping well is living better.

The success story of Hugo Mercier began when he discovered that scientists have been able to improve the quality of deep sleep in patients by stimulating the brain with sound at specific times during the night. In 2014, his start-up Dreem was born and Hugo entered the struggle against bad sleep. By giving an overview of the way in which our sleep functions and the source of our sleep troubles, Hugo Mercier shows that our productivity-obsessed society needs to make sleep one of the key health issues for mankind.

Hugo Mercier received his baccalaureate degree at age 14. A graduate of the École Polytechnique and the University of California at Berkeley in math and computing, he became a CEO at 25, and in 2017 was named one of the 35 best European innovators under 35 by MIT, and one of France's 30 most influential under 30 by *Vanity Fair*.
