
The Punkt. Library



The Punkt. Library is a selection of books that we have read and think are particularly interesting and relevant in this age of potential technical overload.

They're all real books, with pages, cover and a spine: plenty of studies have shown that reading non-electronic texts is a much more effective way of accessing content.

The latest addition is neuroscientist Matthew Walker's astonishing new book *Why We Sleep*. Highly readable, it presents hard-hitting new research on just how busy we are when we sleep, how many of us can get by on less than seven hours (really very few), and the permanent health costs of long-term sleep deprivation. [It also mentions the benefits of using a dedicated alarm clock rather than a smartphone...]

For further information or high res images please contact:

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