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ACCECOMBAT. 7
SKIES UNKNOWN



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Kingdom Come: Deliverance

Kingdom Come: Deliverance is an action role-playing video game developed by Warhorse Studios and published by Deep Silver for Microsoft Windows, PlayStation 4 and Xbox One. It is set in the medieval Kingdom of Bohemia, an Imperial State of the Holy Roman Empire, with a focus on historically accurate content. It was released worldwide on 13 February 2018.

The story takes place during a war in Bohemia in 1403. On the orders of Hungarian king Sigismund, Cuman mercenaries raid the mining village of Skalitz, a major source of silver. One of the survivors of that massacre is Henry, the son of a blacksmith. Destitute and vengeful, Henry joins the service of Lord Radzig Kobyla, who leads a resistance movement against Sigismund's invasion. As Henry pursues justice for his murdered family, he becomes involved in an effort to restore Bohemia's rightful king and Sigismund's half-brother, Wenceslaus IV, to the throne. The game features branching quest lines and an open world environment which encourages immersive gameplay, and includes early 15th century period-accurate weapons, clothing, combat techniques, and architecture recreated with the assistance of architects and historians.

Gameplay

Kingdom Come: Deliverance is an action role-playing game set in an open world environment and played from a first-person perspective which utilizes a classless RPG system, allowing the player to customize their skills to take on roles such as a warrior, bard, thief or their hybrids. Abilities and stats grow depending on what the player does and says through branched dialogue trees. During conversations, the time a player takes to make a decision is limited and will have an effect on their relationships with others. Reputation is based on player choices and therefore can bring consequences.

Character bodies and faces are created through the combination of multiple, individual pieces with finishing touches. The clothing system features 16 item slots and items on many areas of the body that can be layered. For example, a heavily armored knight may on his upper body wear a gambeson, followed by mail and plate armor, with a tabard or surcoat over top, for a total of four clothing items in the chest slots. Each clothing type provides different levels of protection against different types of weapons. Clothing also gets progressively more worn, dirty, or bloody through use, affecting the character's appearance. The player is able to use a variety of weapons including swords, knives, axes, hammers or bows. Horses are featured heavily in the game, and are designed to act with their own Al while under the player's control, moving or jumping to avoid small obstacles or dangers. The player can also fight from horse-back and use their steed to carry items if they need additional inventory space, but warhorses are also competent combatants with their own Al. Steeds come with five slots for armor and attachments.





Developer(s)	Warhorse Studios
Publisher(s)	Deep Silver Warhorse Studios ^[a]
Director(s)	Daniel Vávra
Producer(s)	Martin Klíma
	 Prokop Jirsa
	 Kateřina Matějíčková
Designer(s)	Viktor Bocan
Programmer(s)	Tomáš Blaho
Artist(s)	Mikuláš Podprocký
Writer(s)	Daniel Vávra
Composer(s)	Jan Valta
	 Adam Sporka
Engine	CryEngine
Platform(s)	Microsoft Windows
	PlayStation 4

Xbox One

13 February 2018

Action role-playing

Single-player

Release

Genre(s)

Mode(s)



Kingdom Come: Deliverance also features a needs system which requires the player to sleep and eat in order to stay healthy. Equipment and clothing also degrade and require repair. Foodstuffs and other perishable items will spoil over time. The game uses skill/stat-based mini-games for many of these tasks including weapon and armor repair, as well as for gathering new items by

picking locks or pockets, distilling alcohol or creating medicines. The game uses long- and short-ranged weapons in combat which is based on a physics system using inverse kinematics to determine the reactions of both combatants based on the speed and weight of a blow. This system aims to add greater variety and realism to the combat, coupled with a variety of basic combat moves and combination moves, some of which can be unlocked by skill points. Different weapons have different characteristics making them useful for different purposes. For example, a sword is a quick weapon for striking and parrying, but is not very effective against heavy armor.

Quests are intended to be nonlinear, with multiple ways to complete objectives to allow multiple character types to be viable. The storyline features some large-scale events such as castle sieges and large battles. Every non-player character (NPC) has their daily routine, and every routine can be affected by the player. Characters are able to react to all player actions and adjust their routines to them. NPCs will report crimes to authorities, who will punish the player accordingly, either with a fine or time in jail. Crime will affect economics and people will get suspicious or aggressive after unresolved crimes.



Development

The project that was to become Kingdom Come: Deliverance began with a pitch by Daniel Vávra, who had left 2K Czech in 2009. With a small team he began seeking investors for the project. Vávra's pitch brought on board Martin Klíma, founder of Altar Games, but pitches to major investors in the Czech Republic were not successful. The team was preparing to abandon the project when a successful pitch to a private investor, the Czech billionaire Zdeněk Bakala, secured funding to develop a prototype of the game. Warhorse Studios was founded on 21 July 2011.

Warhorse Studios first announced that they were working on an "unannounced role-playing game" on 9 February 2012, having successfully licensed CryEngine 3 on this date. After seventeen months working on the prototype, Warhorse began a tour pitching the prototype to various international investors. The project did not generate the hype they had hoped for and with dwindling resources, little progress had been made towards an investment.

On 22 January 2014, Warhorse Studios launched a crowdfunding campaign via Kickstarter with the goal of generating £300,000, ten percent of the US\$5,000,000 budget, in order to prove to the investor that there exists an audience and desire for their game. On 20 February 2014, the fund was completed, raising a total of £1,106,371. Even after the end of the Kickstarter campaign, the crowd funding was continued through the studios' website. On 1 October 2014, Daniel Vávra had announced through a YouTube video that the game had raised US\$2,002,547 from a total of 38,784 backers. The date of the public alpha access launch was on 22 October 2014. The beta was released for backers on 3 March 2015. On 29 September 2016, it was announced that Warhorse Studios had signed a deal with Koch Media's game publishing division Deep Silver to publish the console versions, as well as the retail PC version. The game's Adaptive Music soundtrack was composed by Jan Valta and Adam Sporka, and its parts were recorded with a symphonic orchestra in Rudolfinum.

The game was released worldwide on 13 February 2018. A day-one patch was released with an extensive update of the game code and gameplay. In the Forbes Magazine in the Czech Republic, Daniel Vávra interview stated the game cost them 750 million crowns, approximately \$36.5 million USD, including marketing costs.





Ace Combat 7: Skies Unknown

Ace Combat 7: Skies Unknown is a combat flight action video game developed and published by Bandai Namco Entertainment. An entry in the long-running Ace Combat series, it was released for the PlayStation 4and Xbox One in January 2019, and will be released for Microsoft Windows in February. The game features some missions and other content in virtual reality.

Setting

The game takes place in the same fictional universe as the previous numbered games in the series. Following the events of Ace Combat 04 and Ace Combat 5, the Osean Federation brokered peace between the military power of Erusea and the rest of the Usean continent. The International Union Peacekeeping Force (IUPF) was formed to maintain peace across the Usean continent, while former President Vincent Harling orders a space elevator funded off the Erusean coast in order to revitalize the continent's economy. However, the space elevator creates resentment among the Eruseans, who see it as unnecessary Osean intervention.

Plot

Avril Mead is a mechanic who, while flying with an old fighter jet she rebuilt from scratch, is caught in a crossfire between Osean and Erusean forces, as Erusea launches a surprise attack using a massive number of UAVs against military targets from Osea and the IUPF, capturing most of the Usean continent including the International Space Elevator, the brainchild of ex-Osean president Vincent Harling. Forillegally flying in restricted airspace, Avril is arrested and sentenced to forced labour at the 444th Osean Air

Base. Meanwhile, the player, callsign "Trigger", is an Osean IUPF pilot of the Mage Squadron fighting back the Erusean invasion, until he takes part in a mission to rescue Harling. During the mission, one of Trigger's missiles apparently strikes Harling's aircraft, killing him. Trigger is court-marshalled, charged with Harling's murder, and transferred to the Spare Squadron, a penal military unit also stationed at the 444th Air Base.

After proving himself in several dangerous missions under the Spare Squadron, including an encounter with Mihaly A. Shilage, a veteran Erusean pilot, Trigger is allowed to return to the military, leading the newly formed Strider Squadron, which takes part in a campaign that pushes back the Erusean forces all the way to the Erusean capital, Farbanti. However, as the Oseans capture Farbanti, both the Osean and Erusean forces shoot down all military satellites under each other's control. Resulting debris also destroys dozens of civilian satellites, disrupting all communications and crippling the chain of command of both countries. In the resulting chaos, dissident Erusean forces start revolts against their government, while penal units from Osea also take the chance to desert, spreading conflict around the continent.

ACECOMBAT... SKIES UNKNOWN







Developer(s)	Bandai Namco Studios
Publisher(s)	Bandai Namco Enter- tainment
Director(s)	Yuta Hamanaka Masashi Koyanaga
Producer(s)	Kazutoki Kono Manabu Shimomoto
Designer(s)	Shinya Hirota
Programmer(s)	Masaki Iwabuchi
Artist(s)	Masato Kanno
Writer(s)	Sunao Katabuchi
Composer(s)	Keiki Kobayashi
Series	Ace Combat
Engine	Unreal Engine 4
Platform(s)	PlayStation 4 Xbox One Microsoft Windows
Release	PlayStation 4, Xbox One January 18, 2019 Windows February 1, 2019
Genre(s)	Combat flight simulator

Single player,

multiplayer

Mode(s)

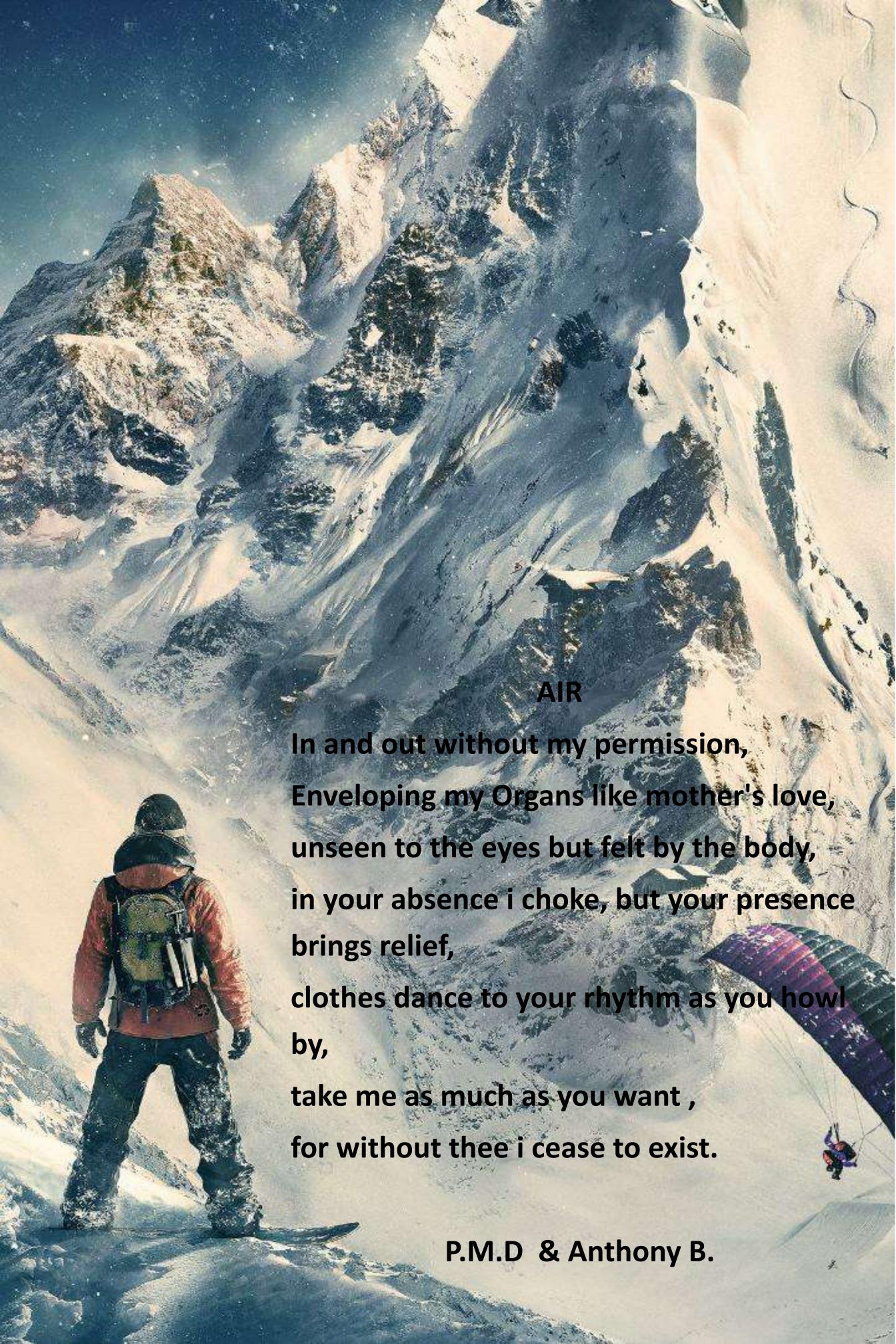


While stranded from the rest of her allies, Avril encounters Rosa Cossette D'Elise, Princess of Erusea, who regrets having supported the war, while the Strider Squadron learns from an Erusean officer that the drone technology that gave them the upper hand during the beginning of the war was provided by Belka, and that they hacked the Osean IFF system during the mission to rescue Harling, which caused his death, proving Trigger's innocence. Avril and Rosa eventually confront Doctor Schroeder, the Belkan scientist responsible for the Erusean drones and learn from him that the drones are equipped with a special flight program

based on Mihaly's flight data, and that there are several automated drone factories around Erusea, powered by energy from the space elevator. Upon learning this, the Osean forces, supported by friendly Erusean defectors, launch an attack to seize the elevator, but are stopped midway by two advanced drones programmed with the latest version of Schroeder's flight program.

After retreating to a nearby abandoned carrier, Trigger, accompanied by a few other Osean and Erusean aces, head back to the elevator to confront the drones. One of them is shot down, but the other escapes through a tunnel leading to the space elevator's lower level. To prevent the flight data from the battle being uploaded to the drone factories, which could further increase the combat abilities of their units, Trigger chases after it and destroys it, before flying all the way through the elevator's structure to escape to safety. The war officially ends, and refugees gather around the space elevator, with Rosa using her influence to call upon other nations to provide relief. Mihaly, despite surviving his final confrontation with Trigger, was left crippled and unable to take to the skies ever again. As the continent starts to recover, Avril reminisces about the conflict, and about how Trigger was crucial in bringing it to end.





Forza Horizon 4

Forza Horizon 4 is an open world racing video game developed by Playground Games and published by Microsoft Studios. It was released on 2 October 2018 on Xbox One and Microsoft Windows after being announced at Xbox's E3 2018 conference. The game is set in a fictionalized representation of the United Kingdom. It is the fourth Forza Horizon title and eleventh instalment in the Forza series. The game is noted for its introduction of changing seasons to the series.

Gameplay

Forza Horizon 4 is a racing video game set in an open world environment based in a fictional representation of the United Kingdom, in a region that includes condensed representations of Edinburgh, the Lake District (including Derwent water), and the Cotswold's (including Broadway), among others, and features over 420 licensed cars. The game features a route creator which enables players to create their own races. The game takes place in a synchronized shared world, compared to the AI-driven Drivatar's from its predecessors, with each server supporting up to 72 players. The game is also playable in offline mode.

Players have the opportunity to buy in-game houses which unlock new items, cars and game-play perks. The game features a dynamic weather system that also depicts the change of seasons. The environment in the world will change depending on the season: for example, lakes will freeze over in winter and allow players the ability to explore regions of the game world that would be inaccessible during all the other seasons. The seasons are fixed across the game's servers, meaning that all players will experience the same conditions at the same time. After completing a prologue series of events which introduce players to all four seasons, the shared-world seasons will change every week, with the changes happening on Thursdays at 2:30 PM GMT. The season changes are forewarned to players in the game with a countdown clock, which, when finished, will trigger a short cinematic cutscene showing the previous season changing to the new one, although the cinematic will be delayed for players who are in the middle of an event or activity.

Playground Games have also announced plans for two chapters of downloadable content for the game. The first of these, Fortune Island, was released in December 2018. It includes a new map, a range of additional cars and adds extreme weather conditions to the game. Two car packs have also been released as of 26 November 2018, one including cars from the James Bond films, the other being a collection of Formula DRIFT cars.

Owing to licensing issues, vehicles from Mitsubishi and Toyota (including Lexus marque with the exception of some off-road racing and pre-customized trucks and Subaru BRZ) are not presented in the base game; Mitsubishi returned on 15 January 2019 with the release of the Free Mitsubishi Motors Car Pack DLC. That same day, however, two dancing emotes ("Carlton" and "Floss") were removed from the game due to lawsuits filed by those dances' creators against Epic Games for their use of the dances as emotes in their game Fortnite Battle Royale.







Frostpunk

Frostpunk is a city-building survival game developed and published by 11 bit studios. It was released for Microsoft Windows in April 2018. The game received generally positive reviews upon release.

Plot

The game is set in an alternate 1886 where the eruptions of Krakatoa and Mount Tambora, the dimming of the Sun, and other unknown factors caused a worldwide volcanic winter. This in turn led to widespread crop failure and the death of millions. This event roughly lines up with the real world 1883 eruption of Krakatoa, a volcanic event that led to global cooling.

In response to this, several installations called "generators" were built by the British authorities in the coal-rich North, designed to be city centers in the event that dropping temperatures force mass migration from the south. In all scenarios, the player is the leader of a city around a generator, and will have to manage resources to ensure the city's survival.

There are currently 3 scenarios in the base game and 1 additional scenario offered in a free DLC, each with different backgrounds and storylines.

A New Home

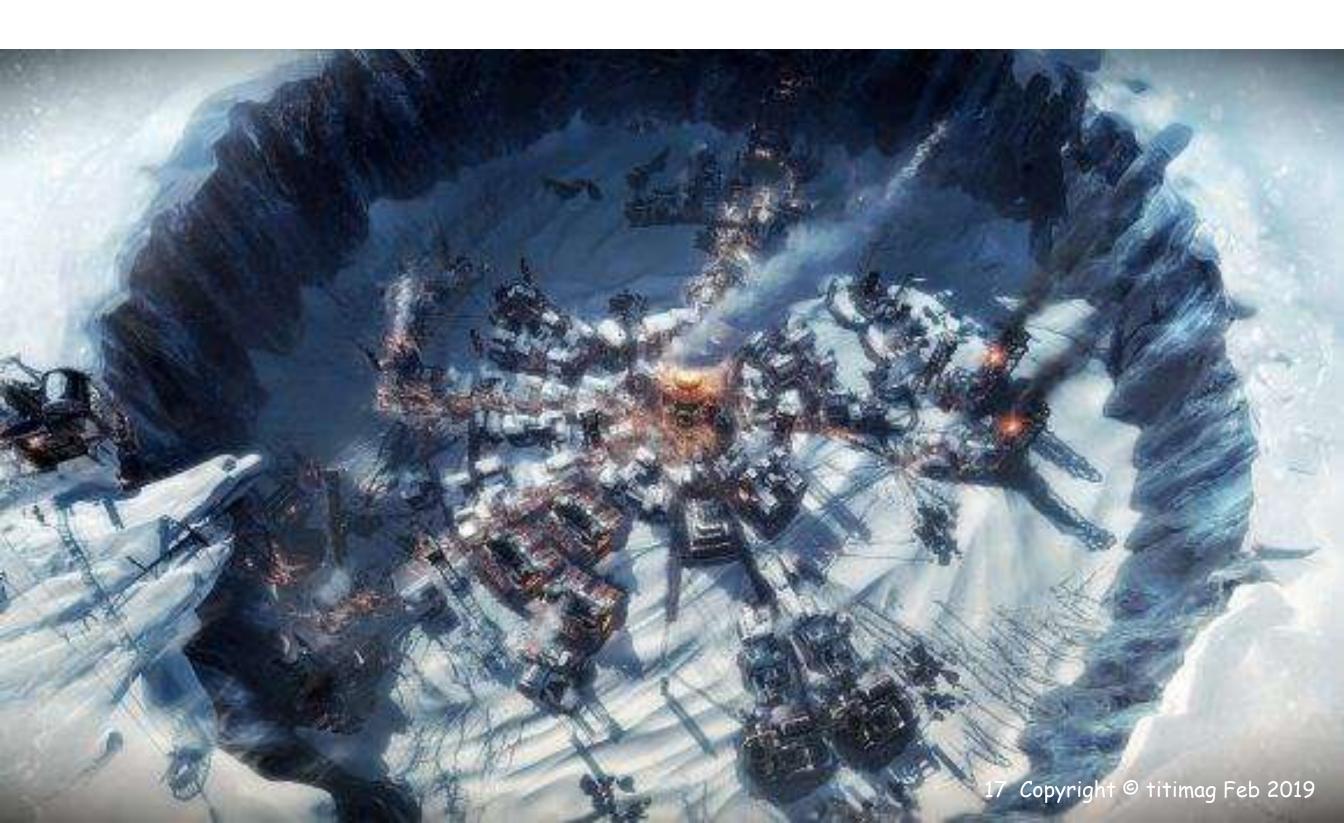
In the main scenario, the player is the leader of a group of explorers who fled the cold and the hunger of London in an expedition to find supposed massive coal reserves in the North. Instead, the group gets separated from the main expeditionary party and discovers a massive heat generator in a giant sheltered crater and settles there. The player begins to face the issue of the people's dwindling hope as they find out, through exploration, a city similar to theirs called Winter home has been destroyed, leaving few survivors. The player has to make hard decisions in order to help the people find their purpose and stay hopeful. The player later also has to prepare enough supplies to make sure the city survives an impending storm.

The Arks

In the second scenario, the player is tasked as the leader of a group of scholars from Oxford and Cambridge responsible for establishing a self-operational city for the purpose of preserving seeds and plants from around the world from the volcanic winter. They settle around a generator located in an ice crevasse. During the gameplay, the player will be presented with the issue of a neighboring city struggling with resources, and will have to make a choice whether or not to help them prepare for the incoming storm.

The Refugees

In the third scenario, the player is set as the leader of a refugee group who have taken over a generator reserved for the wealthy. The people have intended the city to be a place where everyone is equal, but in time the people will begin to divide into two separate social classes. The player will also have to deal with constant waves of refugees seeking shelter in the city, and the player will have to decide to accept them or reject them while also minding the limited resources they have access to.







The Fall of Winter home

Single-player

Mode(s)

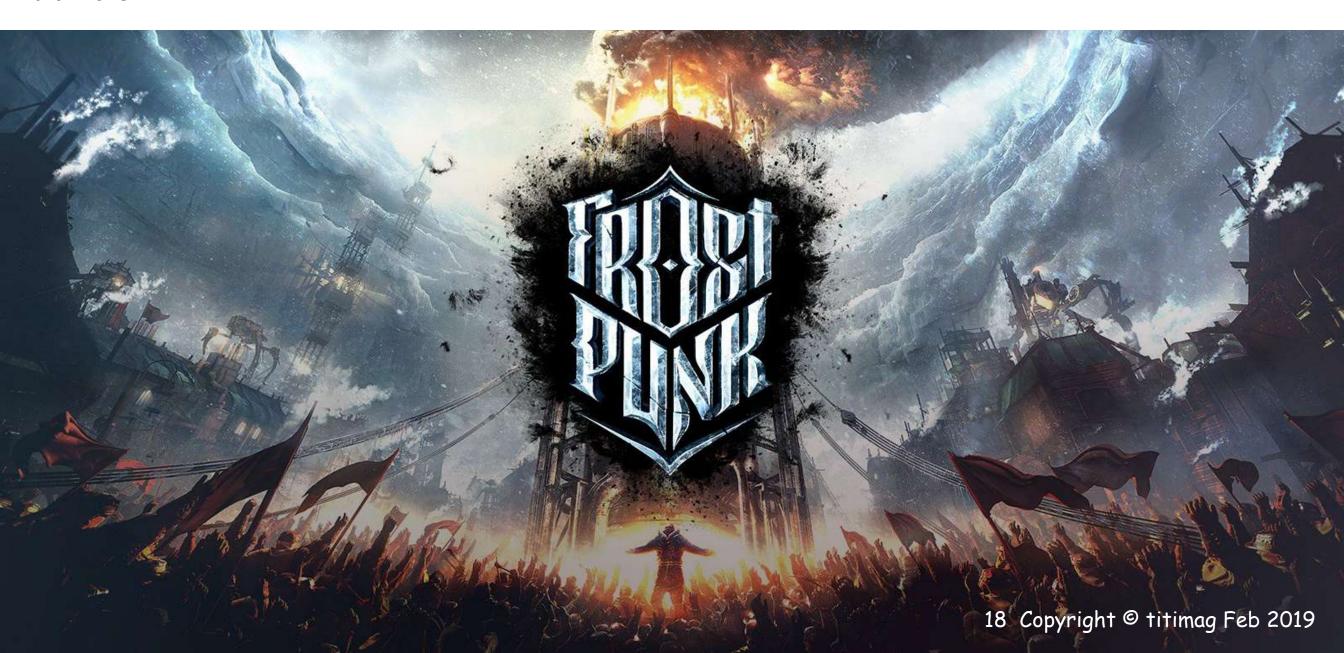
Released on September 19th 2018 as free DLC, this scenario revolves around the story of Winter home, a city established well before the events of the main scenario. Through ineffective management by a neglectful leader, resources ran dry and the city fell into anarchy and rioting. Hundreds die in the fighting, starvation, and cold. The player is tasked to rebuild what is left of the city and its residents, but after getting things under control, the player learns that the city's generator is damaged beyond repair, and has only a few days to put in practice an evacuation plan.

Gameplay

The player character starts out with a small group of survivors (that consist of workers and engineers) and several small caches of supplies with which to build a city. From there players harvest coal, wood, steel and food in order to keep their society warm and healthy in the midst of constantly fluctuating temperatures. Weather conditions and political turmoil can cause citizens to not want to work as hard. The player has the option to use laws to regulate the productivity of their society at the cost of possibly raising discontent, e.g. allowing child labour or forcing temporary 24-hour shifts, but also laws to develop better healthcare like prosthetics. Building a workshop structure allows the player to research technology that will make the city more efficient and to scout the surrounding frozen wasteland for additional survivors and resources.

Development

The game was announced in August 2016. The developers were initially targeting a release in the late third quarter of 2017, however the game was delayed into the first quarter of 2018. Eventually, the final release date – 24 April 2018 was announced on 9 March 2018.





Warhammer: Vermintide 2

Warhammer: Vermintide 2 is a first-person action video game developed and published by Fatshark. It is the sequel to 2015's Warhammer: End Times – Vermintide. Vermintide 2 was released for Windows on 8 March 2018. It was released for Xbox One on 11 July 2018, free for members of the Xbox Game Pass. It was released for the PlayStation 4 on 18 December 2018.

Gameplay

Warhammer: Vermintide 2 is a game with gameplay experienced from a first-person perspective. Set in the Warhammer Fantasy fictional universe, players battle cooperatively against the Chaos army and a race of rat-men known as the Skaven. The game features five different characters to play as. These characters are divided into 15 different careers, each with a unique set of skills and abilities. After players complete missions, they receive rewards through a randomized loot system.

The base game comes with 13 missions, with two extra missions available through purchase of the "Shadows over Bögenhafen" DLC. There are four difficulties to choose from when selecting missions: Recruit, Veteran, Champion and Legend.

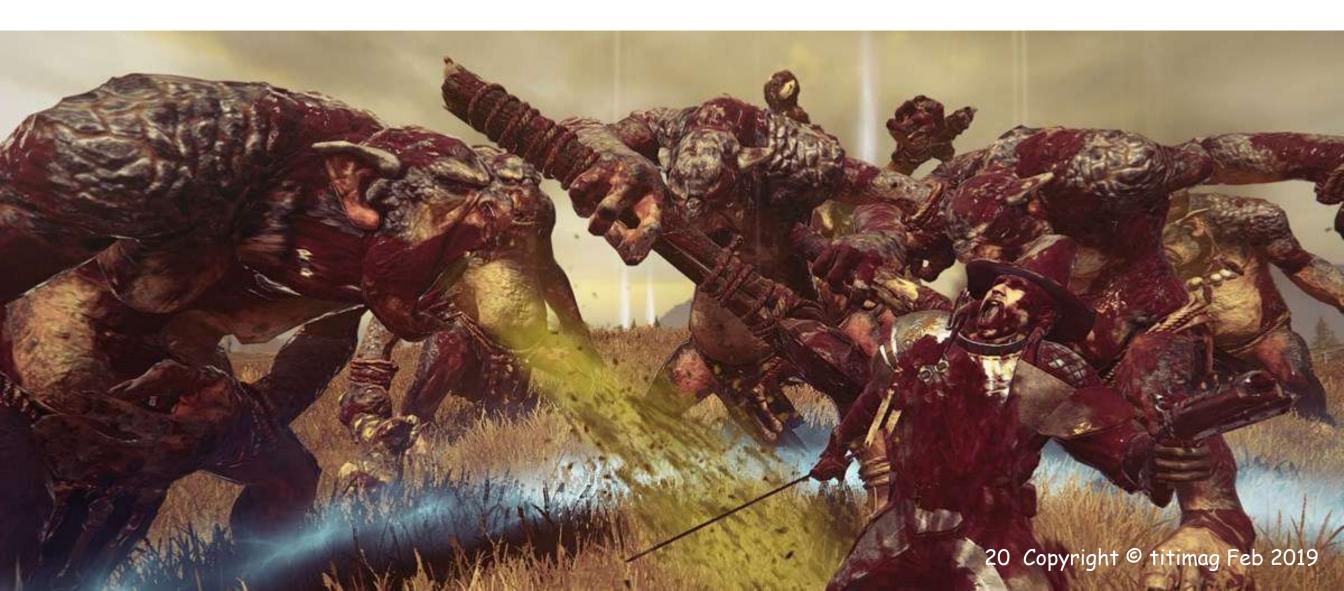
Plot

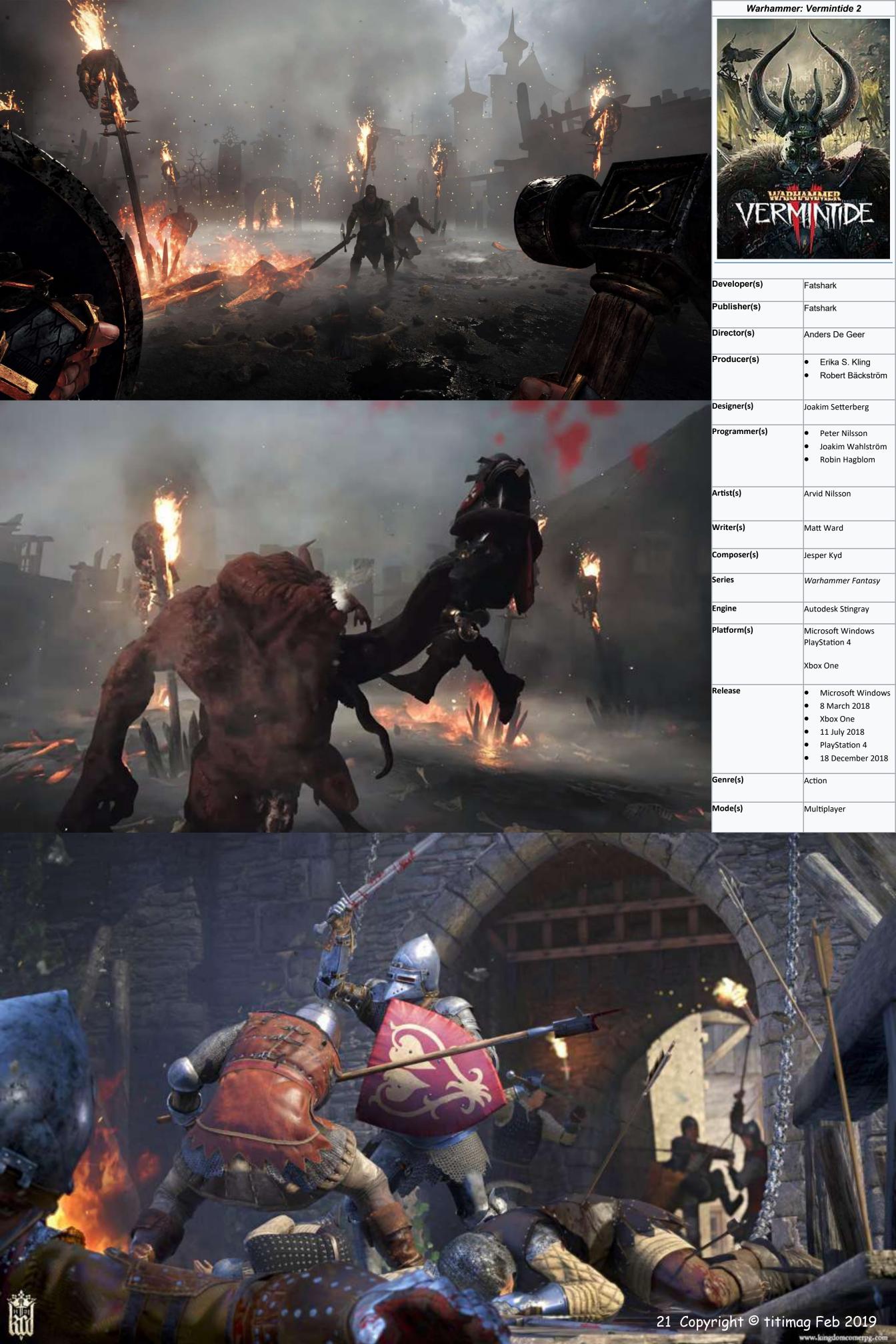
The game is set in the Warhammer Fantasy universe during the early days of the End Times, an apocalyptic event that eventually ended in the destruction of the Warhammer World. The game follows the Heroes of Ubersreik from the first game against the skaven hordes of Clan Fester and their new allies, the Rotbloods (a chaos warband dedicated to Nurgle, the Chaos God of Disease and Decay).

Story

Following the events of the first game, Grey Seer Rasknitt (antagonist of the first game who was presumed dead and leader of Clan Fester) has successfully captured the five Heroes of Ubersreik. Without the interference of the heroes, the city of Ubersreik fell to the forces of Clan Fester. Rasknitt has since ordered the construction of a massive portal known as the Skittergate, which will allow the Chaos Champion Bödvarr Ribspreader and his Rotblood army easy access to the border-city of Helmgart. However, the Skittergate intermittently fails, preventing Bödvarr from summoning his entire army. When the Skittergate disastrously fails to activate again, the resulting destruction frees one of the heroes, Markus Kruber, from captivity. He fights his way through the skaven lair and reunites with the rest of the heroes: Victor Saltzpyre, Bardin Goreksson, Sienna Fuegonasus and Kerillian.

They escape the lair and are transported to a ruined keep where they meet up with the rest of their allies: Franz Lohner (a former innkeeper who directs the heroes' missions) and Olesya Pimenova (a witch who creates the bridge of shadows, the heroes' main method of transportation). Reunited, the heroes and their allies work together to stop the combined forces of Skaven and Chaos. They first slay the sorcerer lord Burblespue Halescourge, who attempted to enact a ritual to unleash a massive plague upon Helmgart. Next, they defeat skaven warlord Skarrik Spinemanglr, who had set up a base in a fallen dwarfen karak. Enraged by the heroes' continuous interference, Bödvarr sends the majority of his forces to discover the heroes' keep and eliminate them. However, this leaves his war camp lightly defended. The heroes attack Bödvarr's war camp and slay him in an arena.









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11.5h

9.5h

12.5" extended battery life

13.3" extended battery life



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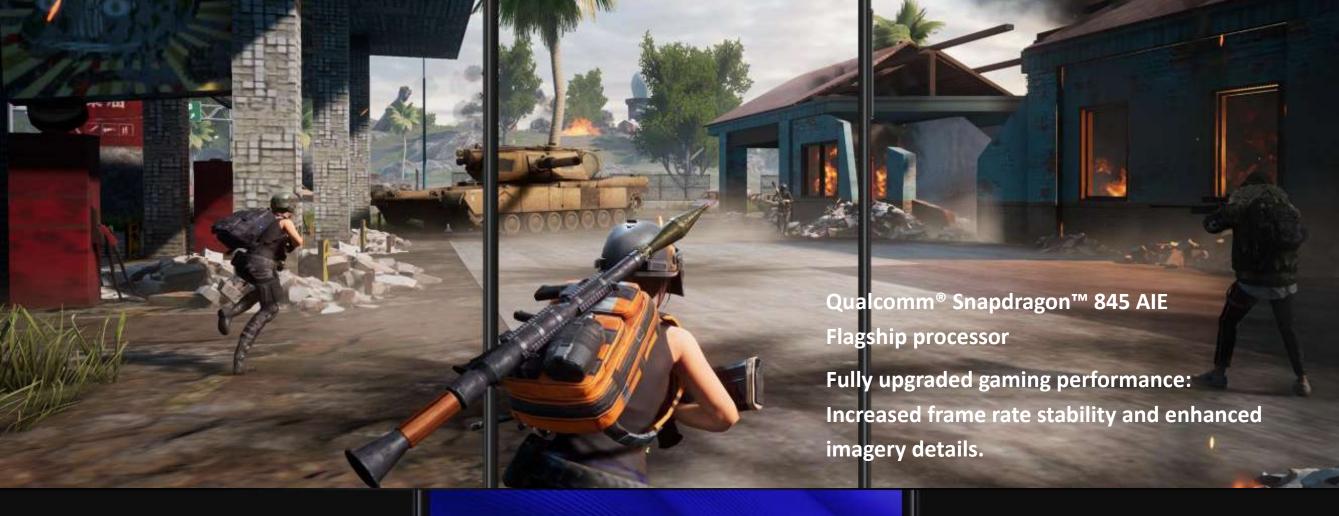
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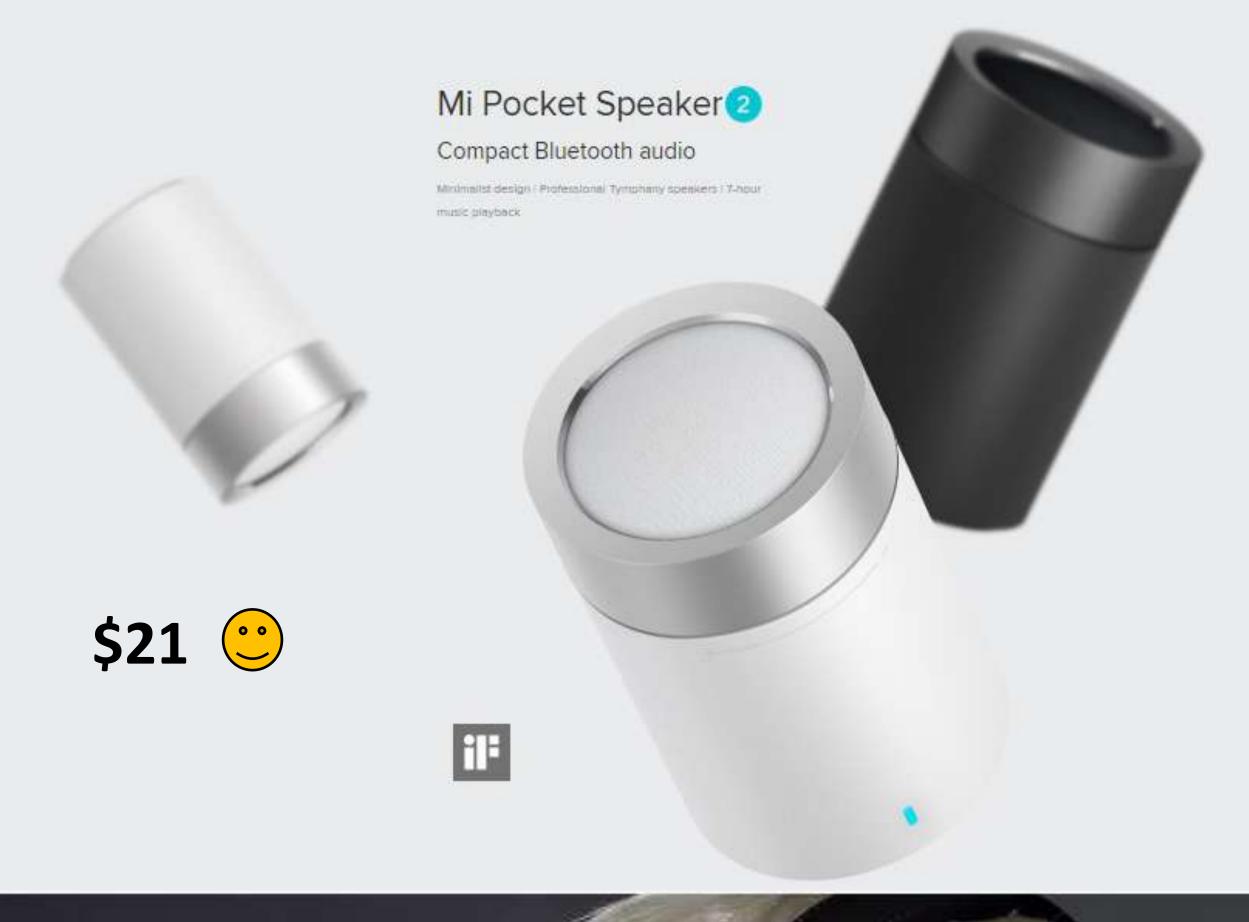
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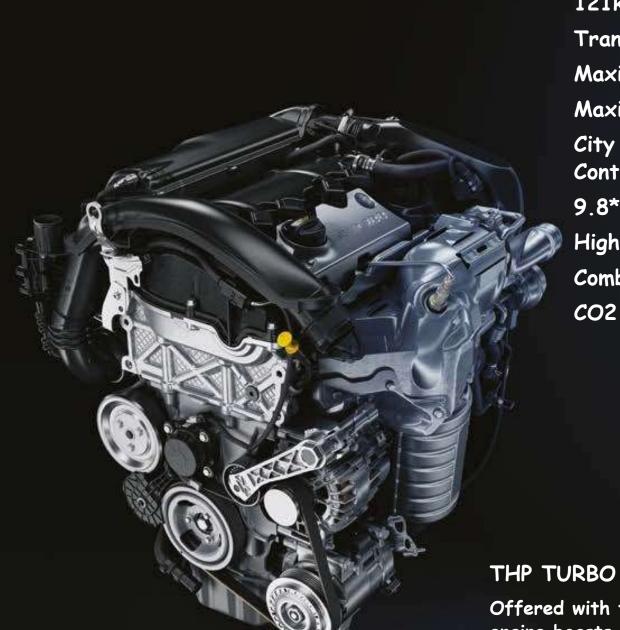


133k BlueHDi EAT S&S

Transmission 6-speed auto Maximum Torque (Nm@rpm) 400 @ 2000 Maximum Power (kW@rpm) 133 @ 3750 City drive cycle (L / 100km) 5.5* Highway drive cycle (L / 100km) 4.4* Combined drive cycle (L / 100km) 4.8* CO2 emissions (g / km) 124*

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Highway drive cycle (L / 100km) 5.3* 5.7*

Combined drive cycle (L / 100km) 7.0* 7.3*

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Offered with the EAT6 6-speed automatic gearbox, the 121kW THP turbo petrol engine boasts a high level of torque (240 Nm @ 1400 rpm) including in lower gears. It combines dynamism and flexibility. Its 121kW of power offers impressive acceleration. This Euro 6-compliant engine excels in terms of performance and driving pleasure, as well as lowering fuel consumption and CO2 emissions.

Bianca White*



Magnetic Blue*



Nera Black*





INFINITE POSSIBILITIES

Whatever your destination and your way of life, a broad spectrum of accessories and equipment is offered to you with the all-new PEUGEOT 3008 SUV. To make the adventure your adventure.

- 1. Bicycle rack on tow bar
- 2. Black door mirror shells
- 3. Coat hanger hook
- 4. Mud flaps
- 5. Rear window blind
- 6. Rubber luggage compartment tray
- 7. Roof bar with ski racks

ALL-NEW PEUGEOT 3008 SUV

Welcome to the future of Adventure...

YOUR STYLE - YOUR CHOICE

Put together a warm and elegant ambience which suits you with our selection of interior fabric or leather trims.

- 1. MECO fabric (Active)
- 2. PEIDIMONTE TEP / fabric (Allure)
- 3. IMILA TEP / fabric (GT Line)
- 4. CLAUDIA Mistral leather (optional on Allure)
- 5. ALCANTARA® / TEP with Copper Diamond Stitching (GT)
- 6. NAPPA Leather with Diamond detail (optional on GT Line & GT)



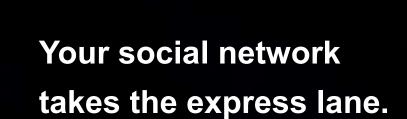






Driver assistance gets a degree in higher learning.

Knowledge may be power, but its application is most important. By linking an array of sensors and cameras to a central driver assistance controller capable of up to 741 billion computations per second, the driver assistance features in the Audi A6 reached a new level of sophistication. These systems were engineered to help alert you to an impending event, acting like an extra pair of eyes or assisting during traffic congestion. By gathering data and turning it into greater awareness, you may like the A6 more for its brains than its looks.



Realism comes to the sonic arts.

Wind resistance gets the slip.

Brave are the winds that try to fight against the Audi A6. Futile is their mission to block its path. Not only is the progressive design of the A6 an elegant fusion of performance pedigree and premium panache, it's shaped to elude the forces of air it confronts. Designers focused a great deal of their attention on the contours around the lights, the integrated rear deck lid spoiler and side mirrors to help reduce turbulence for a quieter driving experience.

Iconic design from our frame of preference.

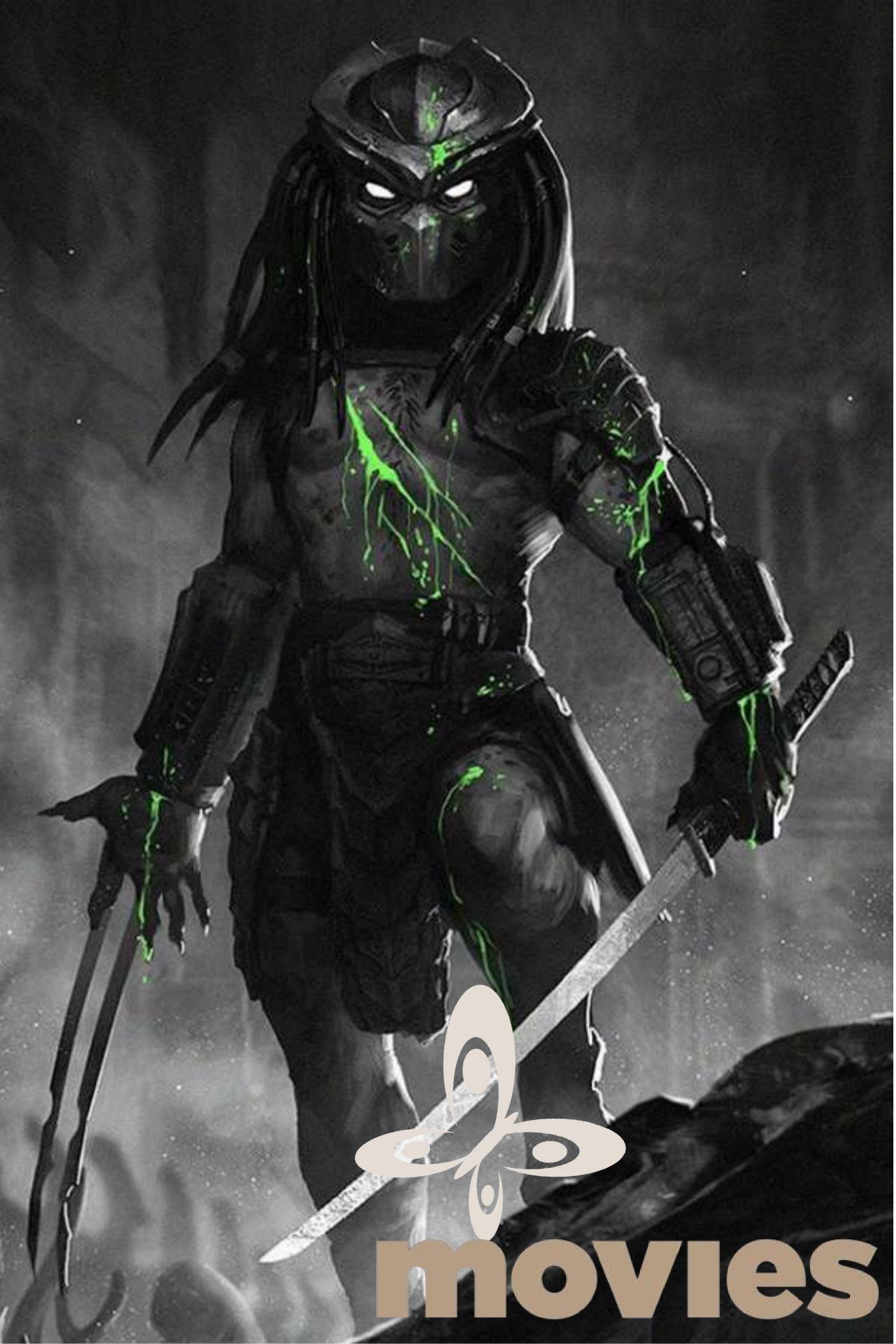
With the Singleframe® grille, Audi identity is placed front and center. On the 2019 Audi A6, the Singleframe grille stretches wider to complement its broad stance. The top horizontal frame line meets the low, sloping hood line, while the sides are flanked by the trapezoidal shapes of the headlights and sculpted air intakes. With a balance of elegance and sporting demeanor, it helps define the new design language of the A6 and presents a progressive face to the world.

Artistic indicators are easy to see.

</command/control/execute/>

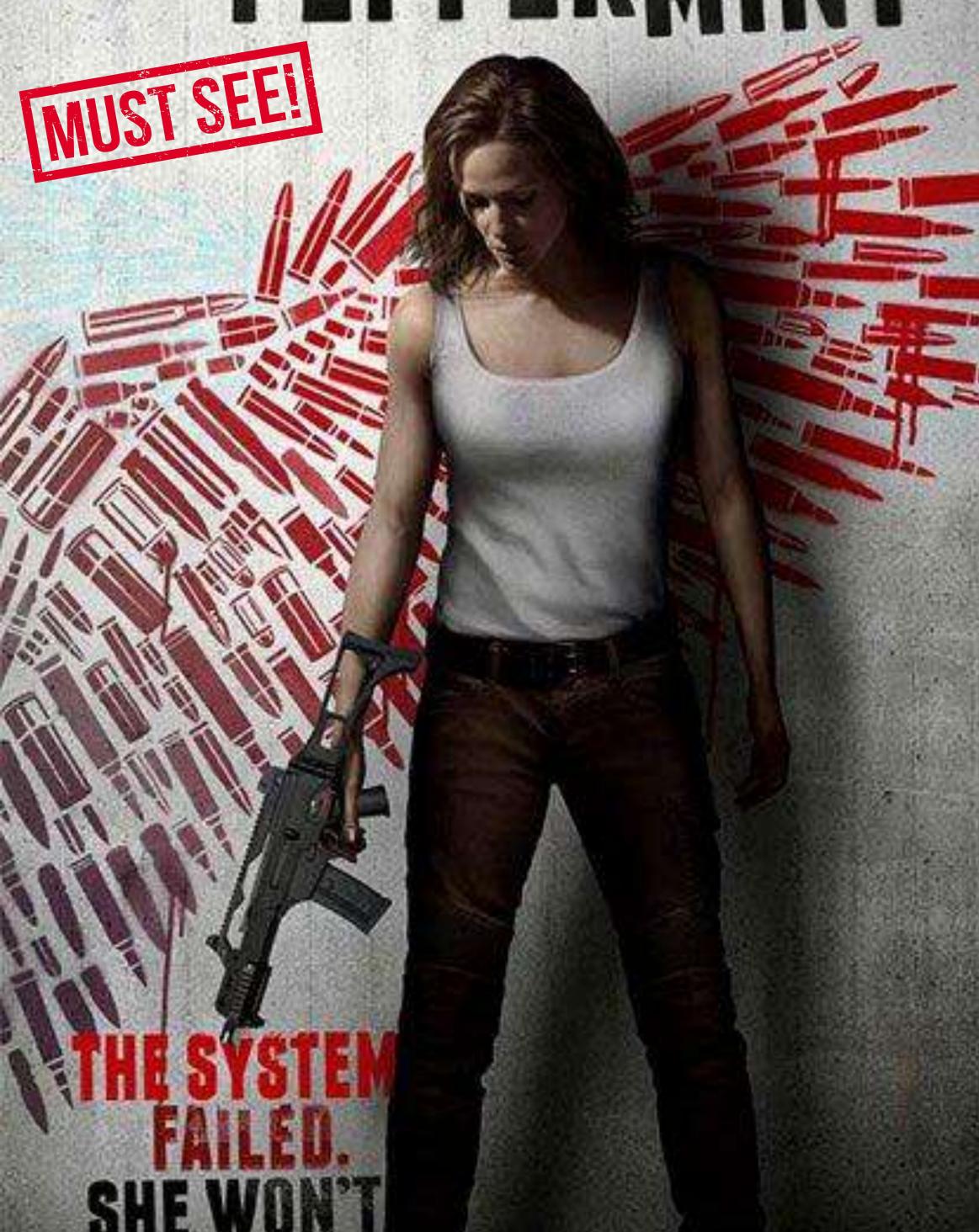
If performance is measured by the ability to execute commands, then credit the sophisticated programming that goes into the Audi drive select system. The three drive modes, Auto, Comfort and Dynamic, modify the level of power steering assistance, engine throttle response and the shift program of the seven-speed S tronic® dual-clutch transmission, allowing the driver to choose modes that suit road conditions or driving styles. A fourth mode, called Individual, brings a higher level of customization where the driver can select settings from the Comfort and Dynamic modes.

Adaptation- it's how the Audi A6 outsmarts performance as well as luxury.



FROM THE DIRECTOR OF TAKEN

JENNIFER GARNER PEPPERMINT





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PRODICY

2.8.19



themed science fiction film about mysterious apparitions taking the lives of soldiers in war-torn Chisinau, Moldova. Unsurprisingly, there's frequent battle violence in this Netflix Original -- soldiers fire machine guns, shoot rockets. Numerous soldiers, as well as a young child, are killed by these fast-moving spirits -- they are killed by getting knocked to the ground (no blood).

Directed by Nic Mathieu

Produced by Jon Jashni, Thomas Tull

Starring: James Badge Dale

Max Martini

Emily Mortimer

Bruce Greenwood

Release date December 9, 2016







Insomnia Is the Condition of Being Unable to Sleep, over a Period of Time

So what is insomnia?

Insomnia is a condition that involves being unable to sleep and comes in different forms, including primary and secondary insomnia.

- *Primary is when your inability to sleep is not linked to any other condition, with secondary insomnia being when your sleeplessness is caused by another condition, for example depression or cancer.
- *Then there's chronic and acute insomnia, with acute insomnia lasting from one night to a couple of weeks and chronic insomnia being when someone suffers at least three nights a week for a month or longer.

Whichever form an insomniac suffers from it can have a seriously detrimental effect on their life, and as a condition it's much more common than you might think.

General Insomnia Facts

Most people have suffered from sleeplessness in their lives, perhaps during illness or times of stress, however insomnia is an intense form of sleeplessness that can continue for weeks and even months, and it's incredibly common in America.

- *30% of Americans will occasionally suffer from symptoms of insomnia.
- *As many as 95% of Americans report an episode of insomnia at some point in their lives.
- *10% of Americans suffer from chronic insomnia
- *Insomnia is the most common sleep disorder, much more common than night terrors or sleep walking.
- *In the USA, an estimated \$63 billion is lost in work performance due to insomnia each year.
- *Insomnia is one of the major contributing factors to deaths in car accidents.

History of Insomnia

You may think insomnia is a relatively recent occurrence however when you look at stories from history you can see that this is a condition that people have suffered from for many years.

However insomnia didn't get an official title until much later, when it became recognized as a real condition.

*The term "insomnia" first appeared in the dictionary in 1623 and was given the meaning "want of sleep".

Causes:

Aside from conditions that are found to cause insomnia such as arthritis and Parkinson's disease, there are a number of other factors which have been found to make insomnia worse.

- *More than half of Americans lose sleep due to stress or anxiety.
- *Frequent binge drinking causes insomnia symptoms in older adults.
- *Heavy chronic smoking increases the likelihood of insomnia in older adults.
- *Drinking coffee 6 hours before bedtime has disruptive effects on sleep.
- *People who work night shifts are at higher risk of suffering from insomnia.

Symptoms:

Insomnia can impact the body and mind in many different ways and has so many symptoms, some of which might be unexpected.

- *Those who suffer from insomnia are more likely to suffer from hallucinations.
- *People with insomnia are 20 times more likely to develop a panic disorder.
- *Individuals with acute insomnia exhibit more stress, poorer mood and worse sleep continuity.
- *A number of studies link insomnia with memory problems.
- *Poor sleep increases the occurrence of migraines.

Treatments:

A lot of research is being done in to how to effectively treat insomnia, with talking therapies currently being one of the most recommended options.

- *Cognitive Behavioral Therapy (CBT) has been shown to be an effective treatment for insomnia.
- *Yoga has shown to help with the effects of insomnia.
- *Roughly 4% of Americans aged over 20 use prescription sleeping pills each month.
- *People taking prescribed sleep medications are more likely to die early.
- *In a two and a half year study, published in the BMJ Open journal, researchers found that there was an increased of risk of death in those that took sleeping pills.

The authors estimated that sleeping pills were associated with 320,000 to 507,000 extra deaths in the US during 2010.

Who is affected by insomnia?

There are a number of different groups of people who are more prone to insomnia, including those who suffer from mental health problems.

- *90% of depressed people also suffer from insomnia.
- *Women are up to twice as likely to suffer from insomnia than men.

The reasons women are thought to suffer from insomnia more than men are mood changes, hormones and the responsibilities brought on by children and family.

Insomnia is a particular problem for women whilst pregnant and also during the menopausal years.

- *During the menopause 40%-50% of women experience problems with sleep.
- *Insomnia during pregnancy affects approximately 78% of women.
- *Adults over 65 are the most likely to suffer from insomnia.
- *25% of children suffer from insomnia.
- *Teenage sufferers of insomnia are at a higher risk of depression.
- *Approximately 35% of insomniacs have a family history of insomnia.

Fun Facts about Insomnia

Of course there's nothing fun about insomnia, but there a number of interesting assumptions that have been made about insomnia over the years.

- *Historically those suffering from insomnia were perceived as morally suspect. The Devil himself was seen as an insomniac.
- *Vincent Van Gogh was an insomniac.
- *In Shakespeare's plays, insomnia is often a condition that befalls an unsettled mind.
- *Animals can be insomniacs too. Washington University School of Medicine bred insomniac flies and found their behaviors resembled people with insomnia in many ways.
- *Counting sheep does not help you fall asleep at night.

Researchers from Oxford University carried out a study to see whether the ageold advice of counting sheep really helped you fall asleep.

According to their research it didn't help, in fact imagining yourself on the beach worked much better.



Trees go to sleep by relaxing their branches at night and perking them up in the morning



If it takes you less than five

minutes to fall asleep, it's likely

that you're sleep deprived

Using your phone or a tablet before bed

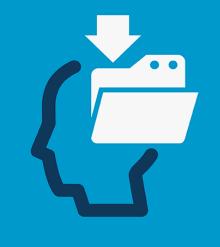
can affect your sleep

Search shows a lack of sleep can cause weight gain

Lack of sleep can affect your memory as sleep triggers changes in the brain that solidifies memories



Woman are more likely to sleep in the foetal position



One sleepless night affects your brain in the same way as being drunk



Yoga

is proven to help

you improve sleep

Meditation has been shown to improve sleep

People who



An estimated 1 in 25 drivers reported falling asleep at the



procrastinate wheel in the last 30 days are more likely to have problems with sleep Regular physical

exercise can help you sleep better People who sleep less than Relaxing classical music has been

Sleeping on your back is best for your health as it allows your back, neck and spine to rest in a neutral position



Snails can sleep for 3 years



proven to help you fall to sleep

+12%

7 hours each night are 12% more

likely to die prematurely

Think you're sleep deprived? The record for the longest period

without sleep is 11 days







Drinking coffee

