


# Sleep Mechanisms Progress In Brain Research Volume 18

**James H. Austin**



## **Sleep Mechanisms Progress In Brain Research Volume 18:**

A Bibliography in Neuropsychology Reviews and Books, 1960-1965 Richard T. Louttit, 1965 **Public Health Service Publication**, 1968 Public Health Service Bibliography Series, **Public Health Bibliography Series** United States. Public Health Service, 1951 Current Research on Sleep and Dreams Gay Gaer Luce, 1965 **Current Research on Sleep and Dreams** United States. Public Health Service, Gay Gaer Luce, 1966 This monograph was stimulated by the extraordinary growth now apparent in an area generally identified as sleep and dream research for this recent concentration of scientific effort offers a singular example of the power that basic research can exert in penetrating the problems of mental health and illness In the past year alone the National Institute of Mental Health supported over 60 projects related in whole or in part to studies of sleep and dreams with awards totaling over 2 million The work of many of these NIMH investigators is included in this summary which extends beyond the Institute's program insofar as necessary to indicate the major trends of work in the area The report cannot of course encompass the classical studies already summarized in published literature nor even provide comprehensive survey of present day sleep research for although much of the scientific data on sleep have been generated during the last dozen years significant references in this field now number in the many thousands The mosaic of disciplines contributing to the study of sleep contains such diverse fields as psychiatry and mathematics psychology and biochemistry physiology and anthropology Nevertheless ferment about the subject matter and a spirit of cooperation across traditional disciplinary lines have made it possible to knit together data that might otherwise have lain unrelated in a variety of laboratories During the past year individual summaries of many of the projects cited here were distributed to scientists working in the field of sleep and dreams Many of the recipients felt that up to date reports especially in a field of such dynamic activity represented a unique solution to the problem of scientific information exchange Such communication it was felt provided a quick look at work in progress that might prevent duplication of effort and stimulate pertinent contacts among scientists thus aiding them in their work It is hoped that this monograph will be a further part of that process Foreword

*Sleep* 1972 W. P. Koella, P. Levin, 1973-09-24 **Adaptive Capabilities of the Nervous System**, 2011-09-22 Adaptive Capabilities of the Nervous System **Sleep Mechanisms**, 1965-01-01 Sleep Mechanisms **Somatic and Autonomic Regulation in Sleep** Elio Lugaresi, Pier L. Parmeggiani, 2012-12-06 This volume contains the contributions to a course entitled Sleep and its Pathology which was organized by the Advanced School of the Italian Neuro science Society at the Alessandro Volta Center of Scientific Culture Villa Olmo Como Italy May 9 10 1996 The course was aimed at informing the medical audience about recent developments in the field with particular regard to the work of the sleep laboratories of the University of Bologna The first part of this book presents experimental results dealing with the biochemical specificity of hypothalamic sleep mechanisms cerebral metabolism during sleep and the sleep dependent systemic cardiovascular adjustments in relation to blood perfusion and thermal homeostasis of the brain The second part covers pathophysiological

aspects of human sleep namely the circadian rhythm of body core temperature in neurodegenerative diseases the descriptive epidemiology of excessive daytime sleepiness the disorders of breathing and motor control in sleep and the syndrome of nocturnal frontal lobe epilepsy The Editors hope that the book may be useful not only to specifically interested readers but also to general practitioners The Editors wish to express special thanks to Professor Eugenio E Muller for his suggestion to collect the lectures in book form The Editors thank the authors for their contributions to the course and to this publication and express their appreciation to Springer Verlag for helping make this monography possible Cybernetics of the Nervous system ,1965-01-01 Cybernetics of the Nervous system Physiology in Sleep John Orem,2012-12-02 Physiology in Sleep provides the physiological definition of sleep and presents the philosophical approach to sleep that departs from pharmacological and neurophysiological theories of sleep This book discusses the effects of sleep on cardiovascular and respiratory function cerebral metabolism and blood flow as well as temperature regulation Comprised of eight chapters this text starts with an overview of the cardiovascular changes that occur during sleep and its direct relevance to human physiology and disease This book then explores the variety of sleep stages characteristics and possible functions Other chapters consider the evidence of nyctohemeral rhythmicity in man's hormones that subserve growth maturation nurture reproduction mineral metabolism energy regulation adaptation and survival This book further discusses the gastric esophageal and intestinal functioning during sleep The final chapter explores the sleep apnea syndromes and some examples of the sudden infant death syndrome This book is intended for readers seeking a detailed account of physiology in sleep

**The Sleep of Others and the Transformations of Sleep Research** Kenton Kroker,2007-01-01 We tend to think of sleep as a private concern a night time retreat from the physical world into the realm of the subconscious Yet sleep also has a public side it has been the focal point of religious ritual philosophic speculation political debate psychological research and more recently neuroscientific investigation and medical practice In this first ever history of sleep research Kenton Kroker draws on a wide range of material to present the story of how an investigative field at one time dominated by the study of dreams slowly morphed into a laboratory based discipline The result of this transformation Kroker argues has changed the very meaning of sleep from its earlier conception to an issue for public health and biomedical intervention Examining a vast historical period of 2500 years Kroker separates the problems associated with the history of dreaming from those associated with sleep itself and charts sleep related diseases such as narcolepsy insomnia and sleep apnea He describes the discovery of rapid eye movement REM during the 1950s and shows how this discovery initiated the creation of dream laboratories that later emerged as centres for sleep research during the 1960s and 1970s Kroker's work is unique in subject and scope and will be enormously useful for both sleep researchers medical historians and anybody who's ever lost a night's sleep

Waking and Sleeping ,1979 Succeeding issues contain abstracts of articles published in earlier issues Cerebral Blood Flow ,1972-01-01 Progress in Brain Research is the most acclaimed and accomplished series in neuroscience The serial is

well established as an extensive documentation of contemporary advances in the field The volumes contain authoritative reviews and original articles by invited specialists The rigorous editing of the volumes assures that they will appeal to all laboratory and clinical brain research workers in the various disciplines neuroanatomy neurophysiology neuropharmacology neuroendocrinology neuropathology basic neurology biological psychiatry and the behavioral sciences

The Biology of Alcoholism Benjamin Kissin, Henri Begleiter, 2012-12-06 Alcoholism is a uniquely human condition Although some forms of alcohol dependence can be induced experimentally in a variety of laboratory animals the complete spectrum of alcoholism with all of its physical psychological and social implications occurs only in man The special quality of this relationship becomes more significant when one considers that the manifestations of most physical disease syndromes in animals and man are more similar than they are different The uniqueness of alcoholism lies in the fact that it is one of the few physical diseases which reflects at all levels the problems of individuals coping with the complexities of human society In order to present a more coherent picture of these complex relationships we have attempted to impose a logical sequence upon the material This sequence lies along a dual parameter from the physical to the social and from the theoretical to the empirical Consequently it was natural for the first volume in this series to deal with biochemistry the most basic and physical aspect of the interaction of alcohol and man It is equally natural for this the second volume to deal with physiology and behavior for these levels of phenomenology particularly the latter are already more empirical and psychological in their manifestations Finally the third volume clinical pathology describes the disease itself with all of the medical and social implications carried in the word alcoholism

*Electroencephalography* Ernst Niedermeyer, F. H. Lopes da Silva, 2005 Established in 1982 as the leading reference on electroencephalography Drs Niedermeyer's and Lopes da Silva's text is now in its thoroughly updated Fifth Edition An international group of experts provides comprehensive coverage of the neurophysiologic and technical aspects of EEG evoked potentials and magnetoencephalography as well as the clinical applications of these studies in neonates infants children adults and older adults This edition includes digital EEG and advances in areas such as neurocognition Three new chapters cover the topics of Ultra Fast EEG Frequencies Ultra Slow Activity and Cortico Muscular Coherence Hundreds of EEG tracings and other illustrations complement the text

Experimental Epilepsy, 1965-01-01

*Experimental Epilepsy* *Neurosciences Research Symposium Summaries*, 1967

**Zen and the Brain** James H. Austin, 1999-06-04 A neuroscientist and Zen practitioner interweaves the latest research on the brain with his personal narrative of Zen Aldous Huxley called humankind's basic trend toward spiritual growth the perennial philosophy In the view of James Austin the trend implies a perennial psychophysiology because awakening or enlightenment occurs only when the human brain undergoes substantial changes What are the peak experiences of enlightenment How could these states profoundly enhance and yet simplify the workings of the brain Zen and the Brain presents the latest evidence In this book Zen Buddhism becomes the opening wedge for an extraordinarily wide ranging exploration of consciousness In order to

understand which brain mechanisms produce Zen states one needs some understanding of the anatomy physiology and chemistry of the brain Austin both a neurologist and a Zen practitioner interweaves the most recent brain research with the personal narrative of his Zen experiences The science is both inclusive and rigorous the Zen sections are clear and evocative Along the way Austin examines such topics as similar states in other disciplines and religions sleep and dreams mental illness consciousness altering drugs and the social consequences of the advanced stage of ongoing enlightenment

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