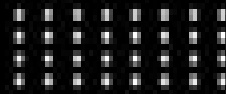
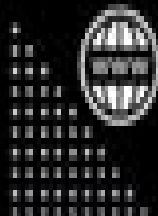
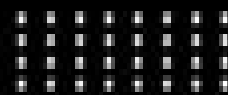




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Fundamentals of Sleep and Circadian Science Chiara Cirelli, 2025

The Science of Deep Sleep, Towards Success

Gian Mario Migliaccio, 2023-08-15 *The Science of Deep Sleep Towards Success* is a groundbreaking book that reveals the crucial importance of sleep in optimizing health and performance. Written by Gian Mario Migliaccio, Associate Professor at the University of Rome San Raffaele and Scientific Populizer, the book unveils sleep as the most effective supplement we can give to our body. Human potential, whether athletic or intellectual, is compressed if the body's sleep needs are not respected. This valuable guide emphasizes the importance of sleep in protein synthesis, energy restoration, memory consolidation, mood management, and much more. Whether you are athletes seeking to maximize performance, managers needing to solve complex problems, or parents juggling work with raising children, adequate sleep is the key to your success. *The Science of Deep Sleep Towards Success* offers you a detailed path to understanding and improving the quality of your sleep. Migliaccio shares scientific insights in an accessible language with concrete examples and engaging metaphors. The book guides you through the different stages of sleep, helps you monitor and assess the quality of your sleep, and provides practical strategies, including nutritional approaches, to cope with sleep deficiency. The book also debunks common myths about sleep and reveals how caffeine, alcohol, melatonin, and blue light influence sleep quality. This valuable guide will help you transform your sleep habits, unleash your energies, and achieve more in every aspect of your life. *The Science of Deep Sleep Towards Success* is a must-read for anyone looking to unlock their full potential and live a healthier, more productive, and more rewarding life.

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Awakened Sleep Dr. Suhas Kshirsagar, Dr. Sheila Patel, 2025-10-28 From an internationally celebrated Ayurvedic physician and family physician and former Chief Medical Officer at Chopra Global comes a personalized protocol to restore replenish and reset your sleep Between the rush of our daily lives and the ever increasing presence of screens restorative sleep is hard to come by One in three adults worldwide suffers from insomnia So many of us are searching for a good night's sleep but what does that actually mean and how we do obtain it Through five combined decades of clinical practice and research and work with thousands of clients and patients around the world Dr Suhas Kshirsagar and Dr Sheila Patel are here to offer a holistic solution to this widespread problem Integrating cutting edge science with ancient wisdom tradition of Ayurveda Awakened Sleep will teach you how to create balanced restorative sleep that can unlock your full human potential We all have the capacity for awakened sleep which goes beyond physiological rest and relaxation and this natural state holds the keys to the health of our body mind and spirit Through a blend of Western and Eastern science alike Awakened Sleep offers a comprehensive framework for understanding your individual sleep Awakened Sleep will reveal the most common culprits that interfere with our natural sleep patterns and cycles the emotional and spiritual aspects that help us tap into good sleep insight into your sleep habits through assessments meditations practices and reflection questions and a variety of sleep protocols and tips so you can craft your own morning and evening rituals No matter what's getting in the way of your sleep you can make empowered choices that work for you

The Bipolar Child (Third Edition) Demetri Papolos, M.D., Janice Papolos, 2007-10-02 Since it first appeared on bookshelves The Bipolar Child has made an indelible mark on the field of psychiatry and has become the resource that families rely upon Now with more than 200 000 copies sold the first book about early onset bipolar disorder is completely revised and expanded Bipolar disorder manic depression was once thought to be

rare in children Now researchers are discovering not only that bipolar disorder can begin early in life but that it is much more common than ever imagined Yet the illness is often misdiagnosed and mistreated with medications that can exacerbate the symptoms Why Bipolar disorder manifests itself differently in children than in adults and in children there is an overlap of symptoms with other childhood psychiatric disorders As a result these kids may be labeled with any of a number of psychiatric conditions ADHD depression oppositional defiant disorder obsessive compulsive disorder or generalized anxiety disorder Too often they are treated with stimulants or antidepressants medications that can actually worsen the bipolar condition Since the publication of its first edition *The Bipolar Child* has helped many thousands of families get to the root cause of their children's behaviors and symptoms and find what they need to know The Papoloses comprehensively detail the diagnosis explain how to find good treatment and medications and advise parents about ways to advocate effectively for their children in school In this edition a greatly expanded education chapter describes all the changes in educational law due to the 2004 reauthorization of IDEA Individuals with Disabilities Education Act and offers a multitude of ideas for parents and educators to help the children feel more comfortable in the academic environment The book also contains crucial information about hospitalization the importance of neuropsychological testing with a recommended battery of tests and the world of insurance Included in these pages is information on promising new drugs greater insight into the special concerns of teenagers and additional sections on the impact of the illness on the family In addition an entirely new chapter focuses on major advances taking place in the field of molecular genetics and offers hope that researchers will better understand the illness and develop more targeted and easier to tolerate medicines *The Bipolar Child* is rich with the voices of parents siblings and the children themselves opening up the long closed world of the families struggling with this condition This book has already proved to be an invaluable resource for parents whose children suffer from mood disorders as well as for the professionals who treat and educate them and this new edition is sure to continue to light the way

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