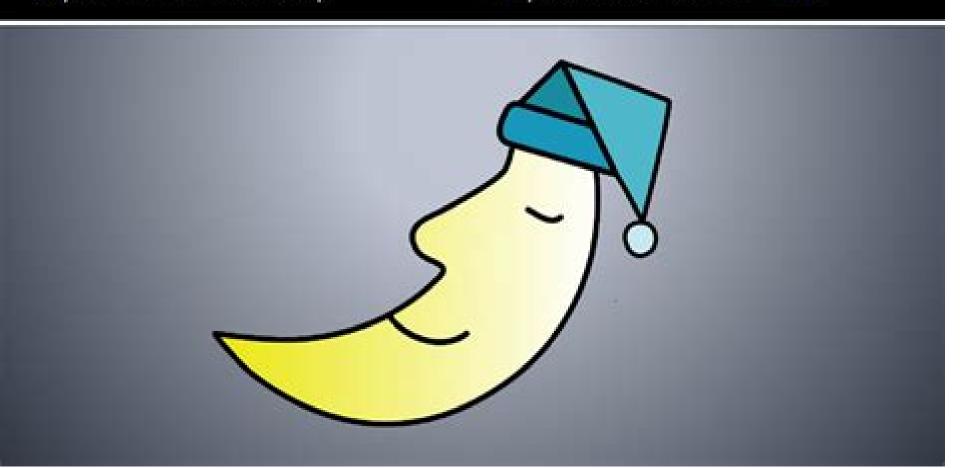
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- Neuroanatomy and Physiology of Sleep and Dreaming
- Functions of S&D
- Optimal Amount of Sleep

- Sleep Disorders and Pharmacological Therapy
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Sleep Dreaming And Sleep Disorders An Introduction

Jennifer M. Windt

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there is a wealth of empirical research on sleep and dreaming its potential contribution to consciousness research and philosophy of mind is largely overlooked This might be due in part to a lack of conceptual clarity and an underlying disagreement about the nature of the phenomenon of dreaming itself In Dreaming Jennifer Windt lays the groundwork for solving this problem She develops a conceptual framework describing not only what it means to say that dreams are conscious experiences but also how to locate dreams relative to such concepts as perception hallucination and imagination as well as thinking knowledge belief deception and self consciousness Arguing that a conceptual framework must be not only conceptually sound but also phenomenologically plausible and carefully informed by neuroscientific research Windt integrates her review of philosophical work on dreaming both historical and contemporary with a survey of the most important empirical findings This allows her to work toward a systematic and comprehensive new theoretical understanding of dreaming informed by a critical reading of contemporary research findings Windt's account demonstrates that a philosophical analysis of the concept of dreaming can provide an important enrichment and extension to the conceptual repertoire of discussions of consciousness and the self and raises new questions for future research Working Life Ana Maria Rossi, James Campbell Quick, Pamela L. Perrewé, 2009-03-01 This book offers twelve chapters organized into three major sections that address occupational stress and quality of working life The authors are an internationally renowned team of scholar research practitioners who are grounded in applied science and clinical practice Section 1 includes five chapters that address the organizational and individual costs of occupational stress The costs are humanitarian and economic both human suffering and financial burdens are important Section 2 includes three chapters that focus on ways to mitigate the negative effects of occupational stress We must help those who are suffering but we must do more by preventing distress where we can and building on positive strength factors where possible Section 3 includes four chapters that examine and expand our understanding of work life quality Work life quality is so important because of the effects it has on workers and leaders as well as the spillover impact into families and communities These twelve chapters highlight both core knowledge and new developments within the rapidly growing field of research on stress and the quality of working life We believe this information can help to raise awareness of the causes and costs of occupational stress and poor quality of working life Further this should provide a challenge some incentive and renewed insight for organizations in Brazil and elsewhere to begin thinking about and acting in ways that lead to a less stressful environment for their workforce

The Neuroscience of Sleep and Dreams Patrick McNamara,2019-02-28 Introduces the neuroscience of sleep and dreams including an investigation into their potential evolutionary and social functions **Psychology, Seventh Edition, in Modules (spiral)** David G. Myers,2003-09-22 This breakthrough iteration of David Myers best selling text breaks down the introductory psychology course into 55 brief modules **SUMMARY: Why We Sleep: Unlocking The Power of Sleep and Dreams: By Matthew Walker | The MW Summary Guide** The Mindset Warrior,2018-08-23 An Easy to Digest

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Neuroimaging of Sleep and Sleep Disorders Eric Nofzinger, Pierre Maquet, Michael J. Thorpy, 2013-03-07 An up to date superbly illustrated practical guide to the effective use of neuroimaging in the patient with sleep disorders The only book to date to provide comprehensive coverage of this topic A must for all healthcare workers interested in understanding the causes consequences and treatment of sleep disorders

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