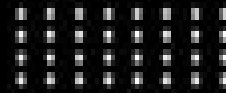
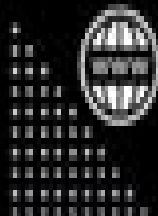
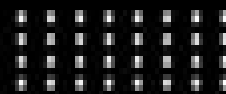




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Peretz Lavie



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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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Comprehensive Handbook of Psychopathology Henry E. Adams,Patricia B. Sutker,2007-05-08 The purpose of this handbook originally published in 1984 was to provide a comprehensive review of current clinical descriptions research and theories of psychopathology Descriptive psychopathology is a field that forms the foundation of clinical practice and research in clinical psychology psychiatry psychiatric social work psychiatric nursing and allied professions in mental health Since the 1st edition the editors have devised and updated a handbook to cover both general and specific topics in psychopathology that would be useful to researchers practitioners and graduate or other advanced students in the mental health and behavioral medicine professions To implement this plan we have very carefully chosen colleagues whom we respect for their expertise in particular fields These authors include both clinicians and researchers who have outstanding national reputations as well as more junior behavioral scientists and clinicians who in our opinion will achieve similar recognition in the future The excellent chapters in this book lead us to believe that we have chosen wisely We would like to express our appreciation to these authors for their outstanding contributions and cooperation **The Oxford Handbook of Military Psychology** Janice H. Laurence,Michael D. Matthews,2012-02-24 The critical link between psychology and the military is important to recruiting training socializing assigning employing deploying motivating rewarding maintaining managing integrating retaining

transitioning supporting counseling and healing military members These areas are hardly distinct and the chapters in The Oxford Handbook of Military Psychology have contents that cross these boundaries Collectively the topics covered in this volume describe the myriad ways in which modern psychology influences warfare and vice versa The extensive topics included come from within the areas of clinical industrial organizational experimental engineering and social psychology The contributors are top international experts in military psychology some uniformed soldiers others academics and clinicians and others civilian employees of the military or other government agencies They address important areas in which the science and practice of psychology supports military personnel in their varied and complex missions Among the topics addressed here are suitability for service leadership decision making training terrorism socio cultural competencies diversity and cohesion morale quality of life ethical challenges and mental health and fitness The focus is the ways in which psychology promotes the decisive human dimension of military effectiveness Collectively the 25 topical chapters of this handbook provide an overview of modern military psychology and its tremendous influence on the military and society as a whole

The Bipolar Child (Third Edition) Demitri 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

Cognitive Science Perspectives on Consciousness Vincent Froom
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The Enchanted World of Sleep Peretz Lavie,1998-01-01

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