

SLEEP AND WAKEFULNESS

**REVISED
AND ENLARGED
EDITION**

NATHANIEL KLEITMAN

Sleep And Wakefulness Revised And Enlarged Edition

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The ^ATwenty-four Hour Mind Rosalind D. Cartwright, 2010-06-24 In The Twenty four Hour Mind sleep researcher Rosalind Cartwright brings together decades of research into the bizarre sleep disorders known as parasomnias to propose a new theory of how the human brain works consistently throughout waking and sleeping hours based upon research showing that one of the primary purposes of sleep is to aid in regulating emotions and processing experiences that occur during waking hours

Sleep and Society Simon J. Williams, 2013-04-03 First sociological examination of sleep Author is a key figure internationally in medical sociology

Factors which Influence the Sleep-wakefulness Pattern of Young, Hospitalized Children at Nap Time Clarissa Inda Beardslee, 1977

Encyclopedia of Sleep, 2013-01-17 In a world of 24 hour media saturation sleep has become an increasingly fraught enterprise The award winning four volume Encyclopedia of Sleep Four Volume Set is the largest reference either online or in print on the subject of sleep Written to be useful for the novice and the established researcher and clinician Topic areas will include sleep across the life cycle and in other species sleep and women sleep and the elderly pediatric sleep sleep deprivation and loss sleep mechanisms sleep physiology and pathophysiology sleep disorders neurobiology chronobiology pharmacology and impact of other disorders on sleep Recognizing the many fields that are connected to sleep science the editorial team has been carefully chosen to do justice to this highly interdisciplinary field of study The steady growth of researchers and clinicians in the sleep field attests to the continued interest in the scientific study of sleep and the management of patients with sleep disorders and anyone involved in this exciting field should find this work to be an invaluable reference 2013 PROSE Award winner for Multivolume Reference in Science from the Association of American Publishers Thoroughly interdisciplinary looks at sleep throughout the life cycle with exceptional coverage of basic sleep concepts the physiology of sleep as well as sleep disorders of all descriptions Excellent coverage of sleep and special populations covering the lifespan as well as gender and ethnic differences among others Chapters focusing on sleep disorders are grouped under the broad categories classified in the ICD-10 for clear organization so that the reader can effectively access the steps involved in diagnosing and treating these disorders Online version is linked both within the encyclopedia to related content and to external sources such as primary journal content so that users have easy access to more detailed information if needed

Mapping the Darkness Kenneth Miller, 2023-10-03 WINNER OF THE 2024 ASJA BOOK AWARD BIOGRAPHY HISTORY NAMED A BEST BOOK OF THE YEAR 2023 BY THE NEW YORKER NEW YORK TIMES EDITOR S CHOICE SELECTION From award winning journalist Kenneth Miller comes the definitive story of the scientists who set out to answer two questions Why do we sleep and How can we sleep better A century ago sleep was considered a state of nothingness even a primitive habit that we could learn to overcome Then an immigrant scientist and his assistant spent a month in the depths of a Kentucky cave making nationwide headlines and thrusting sleep science to the forefront of our consciousness In the 1920s Nathaniel Kleitman founded the

world's first dedicated sleep lab at the University of Chicago where he subjected research participants including himself to a dizzying array of tests and tortures. But the tipping point came in 1938 when his cave experiment awakened the general public to the unknown and vital world of sleep. Kleitman went on to mentor the talented but troubled Eugene Aserinsky whose discovery of REM sleep revealed the astonishing activity of the dreaming brain and William Dement a jazz bass playing revolutionary who became known as the father of sleep medicine. Dement in turn mentored the brilliant maverick Mary Carskadon who uncovered an epidemic of sleep deprivation among teenagers and launched a global movement to fight it. Award winning journalist Kenneth Miller weaves together science and history to tell the story of four outsider scientists who took sleep science from fringe discipline to mainstream obsession through spectacular experiments, technological innovation and single minded commitment. Readers will walk away with a comprehensive understanding of sleep and why it affects so much of our lives. A propulsive utterly engrossing history. None of it is simple and all of it is captivating. The New York Times Mapping the Darkness offers two narratives at once a sweeping journey of discovery about dreams sleep and the terra incognita of unconsciousness and a wake up call about the dangers of chronic exhaustion. It's time Mr Miller tells us to take our sleep back. The Wall Street Journal

Sleepiness and Human Impact Assessment Sergio Garbarino, Lino Nobili, Giovanni Costa, 2014-04-08 The World Health Organization supports tools and initiatives in Health Impact Assessment to dynamically improve health and well being across different sectors. Human Impact Assessment HuIA is a relatively new concept. It describes an integrated process that encompasses both Health Impact Assessment and Social Impact Assessment and is used to anticipate the effects of programs projects and decisions on human health and welfare. Sleep occupies approximately one third of our lives but its human impact remains largely unrecognized. The prevalence of excessive sleepiness is recognized to be increasing in industrialized societies. Without doubt sleepiness and fatigue have high costs in terms of both lives lost and socioeconomic impact. For example the National Highway Traffic Safety Administration estimates that up to 4% of all fatal crashes are caused by drowsy drivers and that as many as 100 000 deaths per year in the United States may be due to fatigue related medical errors. Sleepiness and Human Impact Assessment provides a uniquely comprehensive exploration of many different facets of sleepiness in our 24 hour society from the new HuIA point of view. Among the covered issues are the physiology and pathophysiology of sleep its relationship to daytime alertness fatigue and drugs the relevance of sleep related fatigue in various occupational settings and public safety. This book will be of assistance to physicians occupational health professionals ergonomists researchers and decision makers as they strive to understand the full significance of sleepiness and to create a culture of accountability in everyday life without sleep related risks.

Foundations of Psychiatric Sleep Medicine John W. Winkelman, David T. Plante, 2010-12-23 Sleep related complaints are extremely common across the spectrum of psychiatric illness. Accurate diagnosis and management of sleep disturbances requires an understanding of the neurobiological mechanisms underlying sleep and wakefulness the characteristics of sleep

disturbance inherent to psychiatric illness and primary sleep disorders as well as the psychopharmacologic and behavioral treatments available Foundations of Psychiatric Sleep Medicine provides a uniquely accessible practical and expert summary of current clinical concepts at the sleep psychiatry interface Topics covered include basic principles in sleep science clinical sleep history taking primary sleep disorders in psychiatric contexts and sleep disturbance across a range of mood anxiety psychotic substance use cognitive and developmental disorders Written by outstanding experts in the field of sleep medicine and psychiatry this academically rigorous and clinically useful text is an essential resource for psychiatrists psychologists and other health professionals interested in the relationship between sleep and mental illness **The Politics of Sleep S.**

Williams,2011-03-29 Why has sleep become increasingly politicized in contemporary society This book provides an account of the politics of sleep in the late modern age The future of sleep has become contested and uncertain something to be defended downsized or even perhaps one day done away with altogether Modern General Psychology, Second Edition

(revised And Expanded) (in 2 Vols.) M. Rajamanickam,2007 **Circadian Rhythms** United States. Federal Aviation Administration. Library Services Division,1968 Contents Ecological factors Psychological factors Physiological factors body chemistry respiration alimentation heart rate temperature and other somatic responses Work rest cycle Long distance flights Medical aspects Animal and plant studies

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