

SLEEP

Its Nature and Physiological Organization

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In the last two decades, research in sleep has greatly accelerated. With the present volume, oriented toward the neurophysiologists, neuropharmacologists, neurologists, and behavioralists, the author addressed himself to those who welcome some guidelines to find their way around in today's "hypooplethora." He has endeavored to prepare a background for students of the sleep problem by citing and discussing the relevant recent, and the more pertinent older literature. With its emphasis on organizational aspects, with its often speculative flavor and with the manifold questions it raises, the book is also addressed to the active sleep investigator.

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