



Sleep Research

Hawley Montgomery-Downs



Sleep Research:

Handbook of Sleep Research ,2019-06-21 Handbook of Sleep Research Volume 30 provides a comprehensive review of the current status of the neuroscience of sleep research It begins with an overview of the neural hormonal and genetic mechanisms of sleep and wake regulation before outlining the various proposed functions of sleep and the role it plays in plasticity and in learning and memory Finally the book discusses disorders of sleep and waking covering both lifestyle factors that cause disrupted sleep and psychiatric and neurological conditions that contribute to disorders Emphasizes a comparative and multidisciplinary approach to the topic of sleep Covers the neurobiology and physiology of sleep stages mechanisms of waking and dreaming Discusses in detail the proposed functions of sleep from health and rest to memory consolidation and synaptic plasticity Examines the current state of research in mammalian and non mammalian species ranging from primates to invertebrates The Sleep of Others and the Transformations of Sleep Research Kenton

Kroker,2007-01-01 We tend to think of sleep as a private concern a night time retreat from the physical world into the realm of the subconscious Yet sleep also has a public side it has been the focal point of religious ritual philosophic speculation political debate psychological research and more recently neuroscientific investigation and medical practice In this first ever history of sleep research Kenton Kroker draws on a wide range of material to present the story of how an investigative field at one time dominated by the study of dreams slowly morphed into a laboratory based discipline The result of this transformation Kroker argues has changed the very meaning of sleep from its earlier conception to an issue for public health and biomedical intervention Examining a vast historical period of 2500 years Kroker separates the problems associated with the history of dreaming from those associated with sleep itself and charts sleep related diseases such as narcolepsy insomnia and sleep apnea He describes the discovery of rapid eye movement REM during the 1950s and shows how this discovery initiated the creation of dream laboratories that later emerged as centres for sleep research during the 1960s and 1970s Kroker s work is unique in subject and scope and will be enormously useful for both sleep researchers medical historians and anybody who s ever lost a night s sleep 2003 National Sleep Disorders Research Plan National Center on Sleep Disorders Research (National Heart, Lung, and Blood Institute),2003

The Practice of Sleep Medicine Around The World: Challenges, Knowledge Gaps and Unique Needs Hrayr P. Attarian,Marie-Louise M. Coussa-Koniski,Alain Michel Sabri,2023-03-03 This book explores the different ways sleep medicine is practiced in the world by presenting information from multiple countries from all continents The editors all sleep medicine experts dive into both clinical practice and research keeping an eye on healthcare needs and disparities before proposing solutions The contributions also take into account the social geographical and political situation of each country along with demographic considerations such as income levels adding a dimension of context to the contents The book is meant to be a reference for sleep medicine practitioners who encounter diverse patients in their daily practice It also serves as a good resource for anyone interested in

the state of global health studies The Functions of Sleep Ernest Hartmann,1973-01-01 Explains theories and data pertaining to the psychology physiology and biochemistry of dreaming and synchronized sleep noting the behavioral intelligence and pathologic factors influencing individual sleep patterns Principles and Practice of Sleep Medicine E-Book Meir H. Kryger,Thomas Roth,William C. Dement,2015-12-29 For nearly 30 years Dr Meir Kryger's must have guide to sleep medicine has been the gold standard in this fast changing field This essential full color reference includes more than 20 unique sections and over 170 chapters covering every aspect of sleep disorders giving you the authoritative guidance you need to offer your patients the best possible care Evidence based content helps you make the most well informed clinical decisions An ideal resource for preparing for the sleep medicine fellowship examination New content on sleep apnea neurological disorders legal aspects of sleep medicine dental sleep medicine genetics circadian disorders geriatrics women's health cardiovascular diseases and occupational sleep medicine keeps you fully up to date Updates to scientific discoveries and clinical approaches ensure that you remain current with new knowledge that is advancing the diagnosis and management of sleep disorders Kryger's Principles and Practice of Sleep Medicine - E-Book Meir H. Kryger,Thomas Roth,Cathy A Goldstein,2021-12-16 Offering today's most authoritative comprehensive coverage of sleep disorders Kryger's Principles and Practice of Sleep Medicine 7th Edition is a must have resource for sleep medicine specialists fellows trainees and technicians as well as pulmonologists neurologists and other clinicians who see patients with sleep related issues It provides a solid understanding of underlying basic science as well as complete coverage of emerging advances in management and treatment for a widely diverse patient population Evidence based content hundreds of full color illustrations and a wealth of additional resources online help you make well informed clinical decisions and offer your patients the best possible care Contains new chapters on sleep in intersex and transgender individuals sleep telemedicine and remote PAP adherence monitoring and sleep and the menstrual cycle as well as increased coverage of treatment and management of pediatric patients Includes expanded sections on pharmacology sleep in individuals with other medical disorders and methodology Discusses updated treatments for sleep apnea and advancements in CPAP therapy Offers access to 95 video clips online including expert interviews and sleep study footage of various sleep disorders Meets the needs of practicing clinicians as well as those preparing for the sleep medicine fellowship examination or recertification exams with more than 950 self assessment questions answers and rationales online Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices

Understanding Sleep and Dreaming William H. Moorcroft,2006-09-04 Designed primarily as a text this volume is an up to date and integrated overview of physiological sleep mechanisms brain function psychological ramifications of sleep dimensions of dreaming and clinical disorders associated with sleep It is accessibly written with specially boxed material that enhances the text Authored by a researcher clinician professor with more than 25 years of experience in sleep studies

Understanding Sleep and Dreaming provides a solid basis for those who are not expert in this area. It offers a good foundation for those who will continue sleep studies while at the same time offering enough information for those who will apply this knowledge in other ways such as clinicians in their individual practices or researchers for whom sleep may be part of a specific study. It is an excellent text for courses on sleep at the undergraduate and graduate levels. 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 ICSD 2 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. **Sleep Science** Hawley Montgomery-Downs, 2020 Sleep Science is a broad advanced introduction to the subject of sleep and sleep disorders. Each chapter follows a consistent layout and is authored by a subject matter expert who also teaches undergraduate students in the classroom and or mentors these students in their sleep laboratory.

Reviewing **Sleep Research**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Sleep Research**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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