

Proceedings of the First European Congress on Sleep Research  
Basel, October 1-4, 1973

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# Sleep

Physiology, Biochemistry, Psychology, Pharmacology,  
Clinical Implications

Edited by W. P. KUHLE and P. LLOYD, Basel

With 148 figures and 17 tables



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# Sleep Physiology Biochemistry Psychology Pharmacology Clinical Implications

**D. Cohen**



## **Sleep Physiology Biochemistry Psychology Pharmacology Clinical Implications:**

*Sleep* 1972 W. P. Koella, P. Levin, 1973-09-24      *Sleep* Werner Paul Koella, Philip Levin, 1973      *The Mind in Sleep* Steven J. Ellman, John S. Antrobus, 1991-09-03 This unique and up to date book provides a comprehensive history and critical account of sleep mentation research since the introduction of electrographic techniques Written by leading experts it not only examines the activity of the mind during sleep but also scrutinizes methodological issues of key importance to the field Looks at the relationships between physiological and mental events as brought to light by electrographic and other controlled studies of sleep mentation Chapters are devoted to critical reviews of REM deprivation studies the relationships between sustained and short lived physiological conditions and sleep mentation clinical phenomena such as sleep talking nightmares and night terrors Rigorously organized around topics of common interest it is a penetrating study of current developments in the field      *The Functions of Dreaming* Alan Moffitt, Milton Kramer, 1993-01-01 Many contemporary neuroscientists are skeptical about the belief that dreaming accomplishes anything in the context of human adaptation and this skepticism is widely accepted in the popular press This book provides answers to that skepticism from experimental and clinical psychologists psychiatrists neurologists and anthropologists Ranging across the human and life sciences the authors provide provocative insights into the enduring question of dreaming from the point of view of the brain the individual and culture The Functions of Dreaming contains both new theory and research on the functions of dreaming as well as revisions of older theories dating back to the founder of modern dream psychology Sigmund Freud Also explored are the many roles dreaming plays in adaptation to daily living in human development and in the context of different cultures search integration identity formation memory consolidation the creation of new knowledge and social communication      **Sleep and Brain Plasticity** Pierre Maquet, Carlyle Smith, Robert Stickgold, 2003 Sleep has long been a topic of fascination for artists and scientists Why do we sleep What function does sleep serve Why do we dream What significance can we attach to our dreams We spend so much of our lives sleeping yet its precise function is unclear in spite of our increasing understanding of the processes generating and maintaining sleep We now know that sleep can be accompanied by periods of intense cerebral activity yet only recently has experimental data started to provide us with soem insights into the type of processing taking place in the brain as we sleep There is now strong evidence that sleep plays a crucial role in learning and in the consolidation of memories Once the preserve of psychoanalysts dreaming is now a topic of increasing interest amongst scientists With research into sleep growing this volume is both timely and valuable in presenting a unique study of the relationship between sleep learning and memory It brings together a team of international scientists researching sleep in both human and animal subjects Aimed at researchers within the fields of neuroscience cognitive neuroscience psychiatry and neurology this book will be an important first step in developing a full scientific understanding of one of our most intriguing human characteristics      *Dreaming* Myron L. Glucksman, 2007 Dreaming An Opportunity for Change is a practical guide for both

therapist and dreamer that utilizes dream interpretation for the purpose of promoting clinical change Myron Glucksman demonstrates a methodical approach toward understanding the meaning of dreams and how to use that information for the purpose of promoting change The book is meant for both dreamers and therapists who are interested in working with dreams Examples are given throughout to emphasize how dreams can be understood to help the dreamer bring about internal and external change and how dreams give a greater awareness of our inner selves including our deepest feelings conflicts wishes and fears Dreaming is written in clear understandable language with a minimum of psychological jargon Technical terms are explained and illustrated Although it includes theoretical material the emphasis is on clinically relevant issues The information it provides can be integrated into various therapeutic modalities psychodynamic cognitive behavioral as well as diverse styles of clinical work havioral as well as diverse styles of clinical work havioral as well as diverse styles of clinical work havioral as well as diverse styles of clinical work

*Narcolepsy and Hypersomnia* B. Roth, 1981-01-27 **The**

**Machines of Sex Research** Donna J. Drucker, 2013-07-04 The Machines of Sex Research describes how researchers worldwide integrated technology into studies of human sexuality in the postwar era The machines they invented made new ways of seeing bodies possible Some researchers who studied men used machines like penile strain gauges to police deviant male sexuality others used less painful devices like penis cameras to study women s sexual responses and map the physiology of their arousal and orgasm While researchers used the findings from their technological innovations to propose their own views of how people should view their bodies and should manage their sexual lives their readers interpreted their findings to enact their own visions of sexuality Drucker shows how the use of machines in sex research provided some of the intellectual underpinnings of the sexual revolution and the women s and gay rights movements and in turn how the sex research community developed new machines for investigations that would enhance sexual happiness rather than constrict it The Machines of Sex Research is a key read for those interested in the intersections between human sexuality technology and twentieth century social movements Describes the little known history of the machines of human sex research in the postwar era Shows how researchers worldwide invented and used machines to study human sexuality and the body in new ways and how they used and improved each other s designs Relates the relationship between the machines of sex research to Cold War sexualities and gender and sexual liberation movements

Biotelemetry II, 1974-12-20 Physical and Biological Hazards of the Workplace Gregg M. Stave, Peter H. Wald, 2016-11-18 Completely updated version this classic reference covers both physical hazards and biological agents Provides updated information on protecting workers from proven and possible health risks from manual material handling extremes of temperature and pressure ionizing and non ionizing magnetic fields radiation shiftwork and more Details major changes in our understanding of biological hazards including Ebola Chikungunya Zika HIV Hepatitis C Lyme disease MERS CoV TB and much more All infectious diseases have been updated from an occupational health perspective Includes practical guidance on to how to set up medical surveillance for hazards and

suggests preventive measures that can be used to reduce occupational diseases      **Modern Bioelectricity** Andrew A. Marino, 1988-03-30 This book presents an overview of the field of bioelectricity by demonstrating the biological significance of electromagnetic fields electrical properties of tissue biological effects of electromagnetic energy and therapeutic applications and health hazards of electromagnetic energy      **Central and Peripheral Mechanisms of Cardiovascular Regulation** Paul Pilowsky, 2013-03-13 There is increasing awareness that the autonomic nervous system through its central and peripheral pathways plays a critical role in the regulation of the circulation Peripherally the autonomic representation largely that of sympathetic nerves innervate virtually all segments of the vascular tree as well as the adrenal medulla Through the interaction of nerve terminals their transmitters receptors and intracellular mediators in smooth muscle sympathetic neurons control vascular tone as well as the basal performance of the heart In turn the performance of the autonomic nervous system is highly controlled by the brain Once viewed as a black box with only a vague influence on cardiovascular performance the introduction of concepts and techniques of neuroscience into the field of cardiovascular medicine has led to the realization of the critical role of this organ in cardiovascular control It is now well recognized that within the brain the representation of cardiovascular function is highly restricted anatomically engages a number of specific transmitters for its actions and has highly selective and topographically restricted functions to influence circulatory performance      **Psychopharmacology Bulletin** , 1966      *National Library of Medicine Current Catalog* National Library of Medicine (U.S.), 1973 First multi year cumulation covers six years 1965 70      **Consciousness and Self-Regulation** Gary Schwartz, 2013-11-11 The first and foremost concrete fact which every one will affirm to belong to his inner experience is the fact that consciousness of some sort goes on I William James 1893 We are witnessing today a mounting interest among behavioral and biological scientists in problems long recognized as central to our understanding of human nature yet until recently considered out of the bounds of scientific psychology and physiology Sometimes thrown into the heading of altered states of consciousness this growing research bears directly upon such time honored questions as the nature of conscious experience the mind body relationship and volition If one broadly views this research as encompassing the two interrelated areas of consciousness and self regulation one can find many relevant contemporary examples of creative and experimentally sophisticated approaches including research on the regulation of perception and sensory experience attention imagery and thinking emotion and pain hypnosis and meditation biofeedback and voluntary control hemispheric asymmetry and specialization of brain function drug induced subjective states and biological rhythms Because the material is spread over many different kinds of publications and disciplines it is difficult for anyone person to keep fully abreast of the significant advances The overall aim of the new Plenum Series in Consciousness and Self Regulation Advances in Research is to provide a scholarly forum for discussing integration of these diverse areas by presenting some of the best current research and theory      *Methods in Behavioral Pharmacology* F. van Haaren, 2013-10-22 *Methods in Behavioral Pharmacology* is unique in

offering a complete description and critical evaluation of most if not all methods available to study the effects of drugs on behavior. It stands apart in that it is not limited to the analysis of a particular class of pharmacological agents in a limited number of paradigms. *Methods in Behavioral Pharmacology* covers all paradigms without reference to specific pharmacological compounds. The book provides a comprehensive overview of the methodology used to study the behavioral effects of legal and illegal drugs. It also provides an in-depth presentation of dependent variables, their quantification, and a critical evaluation of their advantages and disadvantages. An excellent work contributed to by well-known experts in the different fields of behavioral pharmacology.

**Sleep Science: Integrating Basic Research and Clinical Practice** W. J. Schwartz, Julien Bogousslavsky, 1997. This book is published at a time when more and more advances are being made to bridge the gap between basic and clinical neuroscience. It is primarily intended for scientists and clinicians intent on linking the neurobiology of sleep with its associated disorders. Topics were selected that illustrate how contemporary research is being translated into clinical insights and therapies. The contributed chapters were written by scientists actively working at the interface between basic and applied sleep science with subjects ranging from the mechanisms of intracellular signal transduction to the effects of ambient geophysical cycles. Essays include the physiologic regulation of sleep and its homeostatic collapse, the underlying neural and chemical circuitry, and the biological basis for new therapies using melatonin and environmental light.

**Adaptive Capabilities of the Nervous System**, 2011-09-22. *Adaptive Capabilities of the Nervous System*. *Sleep & Dreaming* D. Cohen, 2013-10-22. Sleep and dreaming are manifestations in higher organisms of a fundamental circadian rhythm of inactivity/activity. During the past thirty years, research has provided a great deal of new information about the phenomenon and phenomenology of sleep and the relationship between sleep and wakefulness. This book aims to describe, organize, and interpret some of this new knowledge in order to stimulate a greater appreciation of the role of sleep and dreaming in human adaptation. The study of sleep and dreaming provides a very special perspective on human functioning. It stands in direct contrast to more traditional paradigms utilized in psychology that place the locus of explanation of human behavior in the external environment.

**Pharmacology for the Psychotherapist** Myron Michael Goldenberg, 1990. This book covers those areas of pharmacology that are of importance and interest to the psychotherapist. The 1st chapter introduces the various types of drugs. The 2nd chapter presents an overview of pharmacology and its principles. The 3rd chapter reviews aspects of the human body of importance to understanding the workings of psychotropic drugs. The 4th chapter explores the nature of psychopathology. The 5th chapter on anti-anxiety drugs begins with a review of anxiety. The 6th chapter on hypnotic drugs focuses on sleep, sleep disorders, and the drugs used to treat these problems. The 7th chapter explores the conditions of depression as a normal and healthy defensive response to stimuli or as a pathological condition and the use of drugs in their treatment. The 8th chapter focuses on the use of lithium. The 9th chapter discusses use of antipsychotic drugs. The 10th chapter covers the emotional and physical components of pain and the use of analgesics. The

11th chapter covers the traditional categories of grand mal petit mal psychomotor and Jacksonian type seizures and antiepileptic drugs The 12th chapter reviews the reproductive systems the sexual dysfunctions drugs that enhance sexual function and drugs that have an adverse effect on sexual function The 13th chapter examines substance abuse The 14th chapter divides legal and illegal drugs into four categories depressants stimulants hallucinogens and psychedelics The 15th chapter presents an overview of treatment possibilities for substance abusers ABL

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