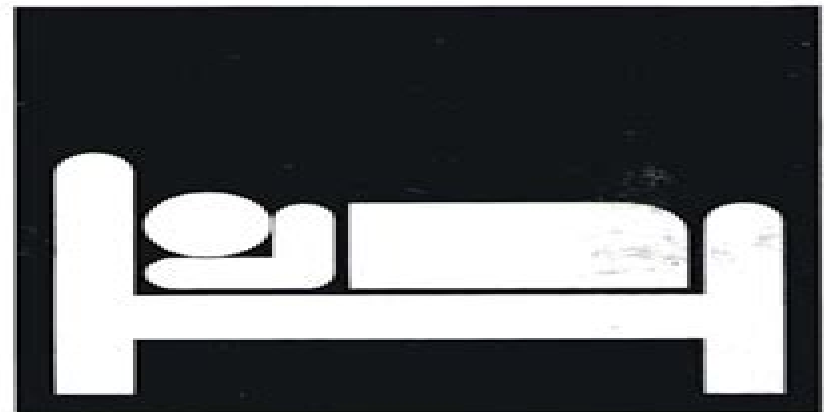
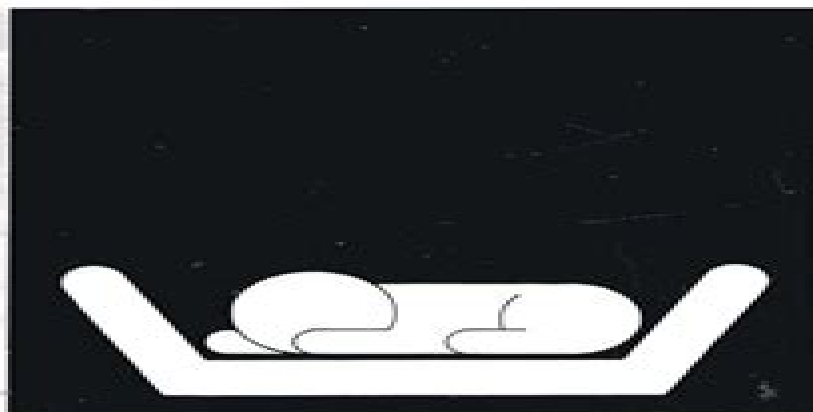
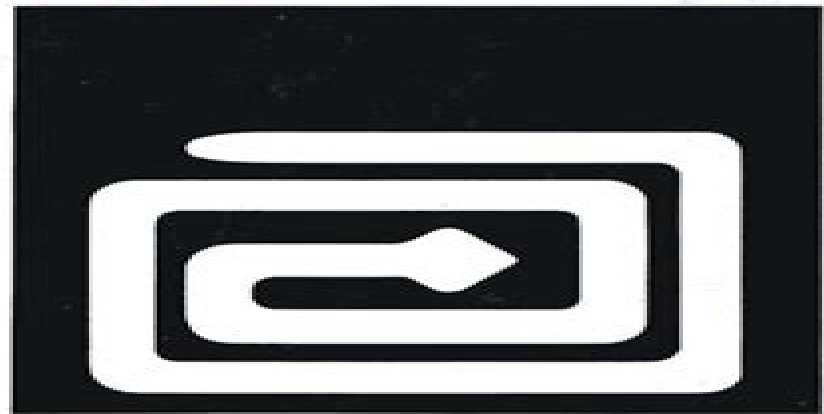


Sleep Mechanisms and Functions

**in humans and animals:
an evolutionary perspective**

edited by Andrew Mayes



Van Nostrand Reinhold (UK)

Sleep Mechanisms And Functions In Humans And Animals An Evolutionary Perspective

**James V. McConnell, Ronald P.
Philipchalk**



Sleep Mechanisms And Functions In Humans And Animals An Evolutionary Perspective:

Sleep Mechanisms and Functions in Humans and Animals Andrew Richard Mayes, 1983 **Eating, Sleeping, and Sex**
Albert J. Stunkard, Andrew Baum, 1989 First Published in 1989 Routledge is an imprint of Taylor Francis an informa company
 , **Evolution of Sleep** Patrick McNamara, Robert A. Barton, Charles L. Nunn, 2010 This book is aimed at researchers and graduate students in neuroscience evolutionary biology and biological anthropology and to biomedical researchers studying sleep medicine *Understanding Sleep and Dreaming* William H. Moorcroft, 2005-07-15 Although sleep has been the subject of serious study for several decades there has not been available an integrated introductory text for more than ten years *Understanding Sleep and Dreaming* fills this need with complete coverage of all aspects of sleep dreaming and sleep disorders and is comprehensible as well as comprehensive In accessible language this text reviews the basic physiological mechanisms of sleep and the intertwined psychological ramifications Most important it is up to date containing the latest information on the influence of orexin hypocretin nocturnal eating syndrome the local cell theory of sleep the effects of sleep deprivation and the advantages of delaying school start times for teenagers Distilling twenty five years of combined clinical research and teaching experience Dr Moorcroft has created an excellent text for undergraduates graduate students and professionals as well as for the general reader who wants a better understanding of the sleep process and its disorders **The Neurocognitive Theory of Dreaming** G. William Domhoff, 2022-10-04 A comprehensive neurocognitive theory of dreaming based on the theories methodologies and findings of cognitive neuroscience and the psychological sciences G William Domhoff s neurocognitive theory of dreaming is the only theory of dreaming that makes full use of the new neuroimaging findings on all forms of spontaneous thought and shows how well they explain the results of rigorous quantitative studies of dream content Domhoff identifies five separate issues neural substrates cognitive processes the psychological meaning of dream content evolutionarily adaptive functions and historically invented cultural uses and then explores how they are intertwined He also discusses the degree to which there is symbolism in dreams the development of dreaming in children and the relative frequency of emotions in the dreams of children and adults During dreaming the neural substrates that support waking sensory input task oriented thinking and movement are relatively deactivated Domhoff presents the conditions that have to be fulfilled before dreaming can occur spontaneously He describes the specific cognitive processes supported by the neural substrate of dreaming and then looks at dream reports of research participants The why of dreaming he says may be the most counterintuitive outcome of empirical dream research Though the question is usually framed in terms of adaptation there is no positive evidence for an adaptive theory of dreaming Research by anthropologists historians and comparative religion scholars however suggests that dreaming has psychological and cultural uses with the most important of these found in religious ceremonies and healing practices Finally he offers suggestions for how future dream studies might take advantage of new technologies including smart phones **Dynamics Of Complex Systems**

Yaneer Bar-yam,2019-03-04 This book aims to develop models and modeling techniques that are useful when applied to all complex systems It adopts both analytic tools and computer simulation The book is intended for students and researchers with a variety of backgrounds Conscious Mind, Sleeping Brain J. Gackenbach,S. LaBarge,2012-12-06 A conscious mind in a sleeping brain the title of this book provides a vivid image of the phenomenon of lucid dreaming in which dreamers are consciously aware that they are dreaming while they seem to be soundly asleep Lucid dreamers could be said to be awake to their inner worlds while they are asleep to the external world Of the many questions that this singular phenomenon may raise two are foremost What is consciousness And what is sleep Although we cannot provide complete answers to either question here we can at least explain the sense in which we are using the two terms We say lucid dreamers are conscious because their subjective reports and behavior indicate that they are explicitly aware of the fact that they are asleep and dreaming in other words they are reflectively conscious of themselves We say lucid dreamers are asleep primarily because they are not in sensory contact with the external world and also because research shows physiological signs of what is conventionally considered REM sleep The evidence presented in this book preliminary as it is still ought to make it clear that lucid dreaming is an experiential and physiological reality Whether we should consider it a paradoxical form of sleep or a paradoxical form of waking or something else entirely it seems too early to tell Psychology in Medicine I.C. McManus,2013-10-22 Psychology in Medicine focuses on the academic and applied discipline that involves the scientific study of mental functions and behaviors This book stresses that the method of study known as surface learning with its emphasis on rote learning will not work well in studying the behavioral sciences Instead deep learning with its emphasis on ideas and principles is required This text discusses the basic processes of psychology and general applications of psychology to medicine Other topics include child development Freud and emotional development personal construct theory and doctor patient communication The models of mental illness neuropsychology and mental retardation are also described This publication is intended for psychologists medical practitioners and students researching on psychology and its factors **Sleep Thieves** Stanley Coren,1997-04-03 An eye opening and engrossing exploration into the science and mysteries of sleep and sleeplessness from the bestselling author of The Intelligence of Dogs Is there some way to determine if you are getting enough sleep Do dogs and cats dream What are the ways to help children sleep through the night What role did sleep deficit play in the loss of the space shuttle Challenger and the nuclear accidents at Chernobyl and Three Mile Island Why is the shift to Daylight Savings Time dangerous Why do many sleeping medications actually make insomnia worse What was Leonardo da Vinci's technique for getting by with only an hour and a half of sleep each day The answers to these questions are in this fascinating and provocative book that will change the way you think about sleep **The Individual Subject and Scientific Psychology** Jaan Valsiner,2013-06-29 **Current Catalog** National Library of Medicine (U.S.), **Dreaming** David Foulkes,2014-01-09 First published in 1985 This book summarizes the findings of empirical dream psychology and interprets

them from a cognitive psychological perspective Caffeine Victor R Preedy,2012-08-30 Caffeine is known to stimulate the central nervous system but what other functions does it have This book covers the latest scientific knowledge in a uniquely structured format and is specifically designed to link chemistry with health and nutrition to provide a broad appealing book Coverage begins with caffeine in relation to nutrition focussing on beverages then concentrates on chemistry crystal structures of complexes in caffeine and biochemistry In the analysis chapters assays are conducted by LC MS capillary electrophoresis automated flow methods and immunoassay methods The effects of caffeine on the brain cognitive performance sleep oxidative damage exercise and pulmonary function are all considered in the closing section of the book Delivering high quality information this book will be of benefit to anyone researching this area of health and nutritional science It will bridge scientific disciplines so that the information is more meaningful and applicable to health in general Part of a series of books it is specifically designed for chemists analytical scientists forensic scientists food scientists dieticians and health care workers nutritionists toxicologists and research academics Due to its interdisciplinary nature it could also be suitable for lecturers and teachers in food and nutritional sciences and as a college or university library reference guide

National Library of Medicine Current Catalog National Library of Medicine (U.S.), *Principles and Practice of Sleep Medicine* Meir H. Kryger,William C. Dement,1989 This edition of the book on sleep medicine covers the basic sciences as well as sleep pathology in adults All information has been updated to encompass developments in this field New to this edition are topics related to the area of psychiatry circadian rhythms cardiovascular diseases and sleep apnea treatment and diagnosis **Person-Centred Ergonomics** D J Osbourne,F. Leal,R Saran,P Shipley,T Stewart,2014-08-20 Through the writings of the late eminent ergonomist Paul Branton this book explains the nature of the person centred approach to ergonomics and human factors It has become increasingly apparent that mechanistic information centred views of people in work is no longer tenable and the emphasis has begun to shift towards considering the emotion Sleep Research ,1985

Understanding Human Behavior James V. McConnell,Ronald P. Philipchalk,1992 *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

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