

Significance of Slow Wave Sleep: Considerations from a Clinical Viewpoint

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Summary: Previous experimental observations, almost exclusively carried out with young healthy subjects, have been interpreted as showing a particular restorative role for human slow wave sleep (SWS). This article considers whether findings from polygraphic sleep studies in patients and elderly subjects lead to similar inferences about the meaning or "function" of SWS. The question was approached in three different ways: (a) by presenting results from a long-term study in elderly subjects whose SWS data were correlated with baseline medical and psychometric findings and with 5-year follow-up results; (b) by correlating nonmanipulated wake-time during days with parameters of SWS on subsequent nights in a group of 30 demented inpatients undergoing 72-h continuous sleep-wake recording; (c) by reviewing and comparing published polygraphic sleep studies for a number of psychiatric conditions. None of these three approaches provided unequivocal evidence for a clinically significant role for SWS. Reasons for the different outcome of SWS studies in young experimental subjects and clinical populations are discussed. **Key Words:** Slow wave sleep—Sleep stages—Sleep and old age—Dementia.

The significance or meaning of polygraphically defined sleep stages in humans has been discussed ever since their description in terms of electroencephalographic patterns (1) and following the discovery of REM sleep (2). Whereas REM sleep was related to dreaming and connections to psychological and psychopathological parameters were soon established, interest in slow wave sleep (SWS) emerged somewhat later. Experiments in young volunteers (3) supported earlier observations (4) that SWS denoted particularly "deep" sleep, as measured by the stimulus intensity needed to awaken a sleeping subject. Other findings, such as the occurrence of SWS in the first few hours of sleep and its increase as a function of previous time awake, e.g., after sleep deprivation, led to the assumption that SWS serves for physical restoration or, put more cautiously, that SWS marks a time in which restorative processes of the organism are taking place.

The discovery that the anabolic growth hormone is excreted mainly during SWS (5) supported the restoration hypothesis of SWS. This was further expanded by Oswald (6) and Adam (7), who adduced biological data to show that the purpose of sleep, and particularly SWS, was for tissue repair and growth. On the other hand, not all studies involving

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Slow Wave Sleep Its Measurement And Functional Significance

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Table of Contents Slow Wave Sleep Its Measurement And Functional Significance

1. Understanding the eBook Slow Wave Sleep Its Measurement And Functional Significance
 - The Rise of Digital Reading Slow Wave Sleep Its Measurement And Functional Significance
 - Advantages of eBooks Over Traditional Books
2. Identifying Slow Wave Sleep Its Measurement And Functional Significance
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Slow Wave Sleep Its Measurement And Functional Significance
 - User-Friendly Interface
4. Exploring eBook Recommendations from Slow Wave Sleep Its Measurement And Functional Significance
 - Personalized Recommendations
 - Slow Wave Sleep Its Measurement And Functional Significance User Reviews and Ratings
 - Slow Wave Sleep Its Measurement And Functional Significance and Bestseller Lists
5. Accessing Slow Wave Sleep Its Measurement And Functional Significance Free and Paid eBooks
 - Slow Wave Sleep Its Measurement And Functional Significance Public Domain eBooks
 - Slow Wave Sleep Its Measurement And Functional Significance eBook Subscription Services
 - Slow Wave Sleep Its Measurement And Functional Significance Budget-Friendly Options

6. Navigating Slow Wave Sleep Its Measurement And Functional Significance eBook Formats
 - ePub, PDF, MOBI, and More
 - Slow Wave Sleep Its Measurement And Functional Significance Compatibility with Devices
 - Slow Wave Sleep Its Measurement And Functional Significance Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Slow Wave Sleep Its Measurement And Functional Significance
 - Highlighting and Note-Taking Slow Wave Sleep Its Measurement And Functional Significance
 - Interactive Elements Slow Wave Sleep Its Measurement And Functional Significance
8. Staying Engaged with Slow Wave Sleep Its Measurement And Functional Significance
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Slow Wave Sleep Its Measurement And Functional Significance
9. Balancing eBooks and Physical Books Slow Wave Sleep Its Measurement And Functional Significance
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Slow Wave Sleep Its Measurement And Functional Significance
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Slow Wave Sleep Its Measurement And Functional Significance
 - Setting Reading Goals Slow Wave Sleep Its Measurement And Functional Significance
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Slow Wave Sleep Its Measurement And Functional Significance
 - Fact-Checking eBook Content of Slow Wave Sleep Its Measurement And Functional Significance
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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