

# **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

**A Gutmann**



## **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, 2013-03-25 An updated edition of Moorcroft's 2003 volume this new work reflects recent scientific advances in the area of sleep and disorders As in the previous book *Understanding Sleep and Dreaming* this new edition serves as a compact overview for now sleep experts covering 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 It also 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 private practices or researchers It is an excellent text for courses on sleep at the undergraduate and graduate levels The section on sleep labs will show how computers have replaced former models of data collection and storage includes the new area of the genetics of sleep add a new box on teen sleep insert a new box on the emerging information about how technology use affects sleep emphasize the controversy over rampart wide spread sleep deprivation and include a new box covering the connection between sleep loss and weight gain Additional inclusions might incorporate current hot topics such as the effect of shift work on sleep sleep problems in adolescents and nightmare treatment for people suffering from PTSD *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

**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

**National Library of Medicine Current Catalog** National Library of Medicine (U.S.), *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

*The Individual Subject and Scientific Psychology* Jaan Valsiner,2013-06-29 **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      **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

**Current Catalog** National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70

**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      *Domestic Animal Behaviour...* Broom, D.M., Fraser, A.F., Behaviour is a significant indicator of health in animals and understanding behaviour is the key to good management Animal behaviour and animal welfare science are fast becoming core topics in the curricula of agriculture and veterinary students The eagerly awaited fourth edition of *Farm Animal Behaviour and Welfare* builds on the coverage of the previous edition fully updating it to take into account developments over the last 10 years This new edition covers companion animals as well as farm animal species including farmed fish It is an indispensable textbook covering the major and growing areas in agricultural and veterinary science and practice There is now a 5th Edition of this book for sale      *Animal Behaviour* Peter M.

Kappeler, 2022-01-26 This textbook presents all basic principles of animal behaviour in a clear and concise manner and illustrates them with up to date examples. Emphasis is placed on behavioural biology as an integrative discipline of organismic biology focusing on the adaptive value of behaviours that facilitate resource access, predator avoidance and reproductive success and underlie parental care, all within a comprehensive presentation of social complexity. This new textbook provides a rich resource for students and teachers from a wide range of life science disciplines. *Vidyodaya Journal of Science*, 2007

The Top Books of the Year Sleep Mechanisms And Functions In Humans And Animals An Evolutionary Perspective The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have captivated audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Sleep Mechanisms And Functions In Humans And Animals An Evolutionary Perspective : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Sleep Mechanisms And Functions In Humans And Animals An Evolutionary Perspective : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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