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| 1. Record Nr. | UNICAMPANIAVAN0211671 |
| Autore | Kostadinova, Evdokiya Georgieva |
| Titolo | Spectral Approach to Transport Problems in Two-Dimensional Disordered Lattices : Physical Interpretation and Applications : Doctoral Thesis accepted by Baylor University, Waco, Texas, USA / Evdokiya Georgieva Kostadinova |
| Pubbl/distr/stampa | Cham, : Springer, 2018 |
| Titolo uniforme | Spectral Approach to Transport Problems in Two-Dimensional Disordered Lattices |
| Descrizione fisica | xiii, 107 p. : ill. ; 24 cm |
| Soggetti | 82-XX - Statistical mechanics, structure of matter [MSC 2020] 82C20 - Dynamic lattice systems (kinetic Ising, etc.) and systems on graphs in time-dependent statistical mechanics [MSC 2020] 81Qxx - General mathematical topics and methods in quantum theory [MSC 2020] |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |

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| 2. Record Nr. | UNINA9910298075203321 |
| Autore | Taylor Daniel |
| Titolo | Handbook of Insomnia // by Daniel Taylor, Philip Gehrman, Natalie D Dautovich, Kenneth L Lichstein, Christina S McCrae |
| Pubbl/distr/stampa | Tarporley : , : Springer Healthcare Ltd. : , : Imprint : Springer Healthcare, , 2014 |
| ISBN | 1-907673-73-3 |
| Edizione | [1st ed. 2014.] |
| Descrizione fisica | 1 online resource (73 p.) |
| Disciplina | 616.84982 |
| Soggetti | Psychology Psychiatry Primary care (Medicine) Medicine Psychopharmacology Public health Psychology, general Primary Care Medicine Medicine/Public Health, general Public Health |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Description based upon print version of record. |
| Nota di bibliografia | Includes bibliographical references at the end of each chapters. |
| Nota di contenuto | Clinical features of insomnia -- Causes of insomnia -- Patient assessment in insomnia -- Treating insomnia -- Managing insomnia in special populations. |
| Sommario/riassunto | Insomnia is the difficulty initiating or maintaining sleep, including poor quality or quantity of sleep, often leading to impaired functioning and development of chronic sleep disturbances. Insomnia affects up to 50% of the general population globally, of which approximately 10% suffer from chronic insomnia. However, according to the National Sleep Foundation, less than 20% of patients with insomnia and related sleep disorders use a pharmacological intervention, highlighting a significant treatment gap. Handbook of Insomnia provides clinically-applicable insight into this condition, delving into the causes of insomnia, available and emerging treatment options and patient-centered |

guidelines for improving sleep hygiene and adopting successful lifestyle adjustments. This concise, fully illustrated handbook is the ideal resource for busy medical professionals and trainees with an interest in best-practice, evidence-based approaches to the management of insomnia and related sleep disorders.
