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Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	Preface -- Sleep Across the Lifespan -- Effects of Sleep Deficiency on Hormones, Cytokines, and Metabolism -- Sleep Disorders and Melatonin -- Biomedical Effects of Circadian Rhythm Disturbances -- Intermittent Hypoxia: Mechanistic Pathways Influencing Cancer -- Association of Sleep Apnea and Cancer: From Animal Studies to Human Epidemiological Data -- Shift Work, Obesity, and Cancer -- Sleep Disorders and Cancer Risk -- Contribution of Sleep Disturbance to Cancer Fatigue -- Sleep Disturbances in Cancer Survivors -- Sleep-focused interventions: Investigating the effects of sleep restriction on energy balance -- Index.
Sommario/riassunto	This volume on the Impact of Sleep and Sleep Disturbances on Obesity and Cancer continues the transdisciplinary approach of this series with chapters authored by the leading experts in this field, focused on the normal regulation of the restorative sleep associated processes across

the lifespan, the major mechanisms of sleep and circadian rhythm disturbances and the behavioral, physiologic, biochemical and molecular consequences of sleep disturbances. These areas, in turn, are discussed in relationship to their effects on cancer incidence and progression. Students and research scientists involved in all aspects of energy balance and cancer research and patient care should find this volume useful to better understand the causes, contributions and consequences of sleep and circadian rhythm disturbances and their relation to cancer. The volume outlines many exciting areas where research is needed. In addition to its value for researchers, it should be useful to all physicians and health care personnel who care for cancer patients and cancer survivors to better understand the importance of sleep, consequences of sleep disturbances and benefits of their correction.
