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Nota di contenuto	I. Introduction -- 1. Sleep Deprivation: Practical and Philosophical Considerations -- II. Sleep Physiology, Measurement, and Experimental Deprivation -- 2. Functional Impact of Sleep Deprivation, Sleep Restriction, and Sleep Fragmentation -- 3. Methods for Human Sleep Deprivation Experiments -- 4. Imaging Sleep and Sleep Deprivation -- III. Sleep and the Brain -- 5. Sleep Deprivation and Neurological Disease -- 6. Sleep Deprivation and Psychiatric Disorders -- 7. Sleep Deprivation as a Therapy in Psychiatry -- IV. Sleep and Medical Topics -- 8. Sleep Deprivation and Human Development -- 9. Sleep Deprivation and Pregnancy -- 10. Sleep Deprivation and Metabolism -- 11. Sleep Deprivation and the Cardiovascular System -- 12. Sleep Deprivation and Rheumatological Disease -- 13. Sleep Deprivation and Pain -- 14. Sleep Loss in Older Adults: Effects on Waking Performance

and Sleep-Dependent Memory Consolidation with Healthy Aging and Insomnia -- V. Performance, Economics, and Operational Topics -- 15. Noise-induced Sleep Deprivation: Toward Sleeping Soundly on Noisy Nights -- 16. Sleep Deprivation and Cognitive Performance -- 17. Caffeine and Naps as Countermeasures for Sleep Loss -- 18. Fatigue in the Workplace -- 19. Sleep Deprivation and Economic Burden.

Sommario/riassunto

The cognitive and behavioral implications of sleep deprivation have been noted in the medical literature for many years. In addition, emerging research continues to demonstrate the contribution of sleep deprivation to some of the most common and costly health conditions today. *Sleep Deprivation and Disease* provides clinically relevant scientific information to help clinicians, public health professionals, and researchers recognize the ramifications of sleep deprivation across a broad spectrum of health topics. This timely reference covers sleep physiology, experimental approaches to sleep deprivation and measurement of its consequences, as well as health and operational consequences of sleep deprivation. Clinical challenges and areas of uncertainty are also presented in order to encourage future advancements in sleep medicine and help patients avoid the outcomes associated with the myriad causes of sleep deprivation.