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Nota di contenuto	SLEEP: A COMPREHENSIVE HANDBOOK; CONTENTS; PREFACE; CONTRIBUTORS; PART I THE SCIENCE OF SLEEP MEDICINE; 1 Normal Human Sleep; 2 The Neurobiology of Sleep; 3 Physiologic Processes During Sleep; 4 Biological Rhythms and Sleep; 5 Biology of Dreaming; 6 Psychology of Dreaming; 7 The Function of Sleep; 8 The Evolution of Sleep: A Phylogenetic Approach; 9 Neuropharmacology of Sleep and Wakefulness; 10 Epidemiology of Sleep Disorders; 11 Classification of Sleep Disorders; PART II INSOMNIA; 12 Insomnia: Prevalence and Daytime Consequences; 13 Causes of Insomnia; 14 Medications that Can Cause Insomnia 15 Fatal Familial Insomnia 16 Evaluation of Insomnia; 17 Pharmacologic Therapy of Insomnia; 18 Nonpharmacologic Therapy of Insomnia; PART III EXCESSIVE SLEEPINESS; 19 Sleep Deprivation and Its Effects on Cognitive Performance; 20 Narcolepsy; 21 Idiopathic Hypersomnia; 22 Post-traumatic and Recurrent Hypersomnia; 23 Sleeping Sickness; 24 Medications that Induce Sleepiness; 25 Evaluation of Excessive Sleepiness; 26 Therapy for Excessive Sleepiness; 27 Napping; 28 Sleep

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Sommario/riassunto

A unique resource on sleep medicine Written by contemporary experts from around the world, Sleep: A Comprehensive Handbook covers the entire field of sleep medicine. Taking a novel approach, the text features both syndrome- and patient-oriented coverage, making it ideally suited for both clinical use and academic study. Sleep: A Comprehensive Handbook begins with a brief introduction to the basic science of sleep, from neurobiology to physiologic processes. This leads into sections offering comprehensive coverage of insomnia, sleep apnea, narcolepsy, para
