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Titolo	Genetics of Sleep and Sleep Disorders // edited by Philip Gehrman, Alex C. Keene, Struan F. Grant
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ISBN	3-031-62723-7
Edizione	[1st ed. 2024.]
Descrizione fisica	1 online resource (473 pages)
Disciplina	616.8498
Soggetti	Psychiatry Neurosciences Genetics Cytology Circadian rhythms Neuroscience Cellular Circadian Rhythms
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction -- Section I: Animal Models -- Drosophila -- C Elegans -- Zebrafish -- Cavefish -- Mouse models -- Cnidarian sleep -- Section II: Human Sleep and Sleep disorders -- Approaches to studying human genetics -- Mendelian randomization studies of sleep and circadian traits -- Insomnia -- Chronotype / Circadian rhythm disorders -- Narcolepsy and Hypersomnia -- Restless Legs Syndrome -- Section III: Other topics -- Genetics of the circadian clock -- Genetic predictors of the response to sleep loss -- Sleep and neurodevelopment/ genetic developmental disorders -- Genetic Studies of Sleep in Children -- Sleep and memory.
Sommario/riassunto	This book focuses on the latest research on the genetic basis of the regulation of sleep and wakefulness and of sleep and circadian rhythm disorders, which has been expanding rapidly due to advances in genetics. The book reviews the latest genetic discoveries in animals and humans and explores their implications for getting a good night's sleep. Philp Gehrman, Alex Keene, Struan Grant, and a cadre of top

sleep researchers and clinicians explore the genetics of sleep and sleep disorders in depth. The book should appeal to sleep medicine specialists, psychiatrists, geneticists, and neuroscientists.
