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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 137-143) and index.
Nota di contenuto	Physiology of sleep -- Sleep in Chinese medicine -- Insomnia -- Other sleep pathologies -- Dreams and their significance in Chinese medicine -- Clinical evaluation.
Sommario/riassunto	Insomnia and related sleep disorders concern 30-40% of the adult population and even up to 25% of children, affecting alertness and memory, causing emotional and ...