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Mechanisms""; ""Anxiety and Sleep Problems in Children with Autism""; ""Duration of Sleep Problems in Children with Autism""; ""Sleep Problems in Children with Aspergera€s Disorder""; ""Anxiety and Sleep Problems in Children with AD""; ""THE IMPACT OF SLEEP PROBLEMS IN CHILDREN WITHAUTISM SPECTRUM DISORDERS""; ""TREATMENT OF SLEEP PROBLEMS IN CHILDREN WITHAUTISM SPECTRUM DISORDERS""; ""Pharmacological Treatment""; ""Benzodiazepines""; ""Clonidine"" ""Antihistamines""""Melatonin""; ""OTHER MEDICATION USED TO TREAT SLEEP PROBLEMSIN CHILDREN WITH ASD""; ""THE LIMITATIONS OF PHARMACOLOGICAL TREATMENT OF SLEEPPROBLEMS IN CHILDREN WITH ASD""; ""Herbal Medicine""; ""Herbal Medicine Use in Children""; ""Behavioural Treatment""; ""Bedtime Routines""; ""Bedtime Fading""; ""Extinction, Graduated Extinction and Modified Extinction""; ""Extinction""; ""Graduated Extinction""; ""Modified Extinction""; ""Scheduled Awakenings""; ""OTHER TREATMENTS FOR SLEEP PROBLEMS INCHILDREN WITH ASD""; ""Chronotherapy"" ""Medication Combined with Behavioural Intervention"" ""RECOMMENDATIONS FOR FUTURE RESEARCH AND CONCLUSIONS""; ""REFERENCES""; ""WHAT IS EXCESSIVE DAYTIME SLEEPINESS?""; ""INTRODUCTION""; ""DIFFICULTIES WITH CURRENT MODELS OF SLEEP ANDWAKEFULNESS""; ""MEASURING SLEEP PROPENSITY ON DIFFERENT TIME-SCALES""; ""METHODS FOR MEASURING SLEEPINESS""; ""MULTIPLE SLEEP LATENCY TEST (MSLT)""; ""MAINTENANCE OF WAKEFULNESS TEST (MWT)""; ""EPWORTH SLEEPINESS SCALE""; ""KAROLINSKA SLEEPINESS SCALE""; ""STANFORD SLEEPINESS SCALE""; ""VISUAL ANALOGUE SCALES""; ""SLEEP-WAKE ACTIVITY INVENTORY"" ""ADJECTIVE CHECK-LISTS ABOUT MOOD AND FEELINGS""

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## Sommario/riassunto

Sleep deprivation is a sufficient lack of restorative sleep over a cumulative period so as to cause physical or psychiatric symptoms and affect routine performances or tasks. Sleep deprivation and sleep disorders are quite common and affect millions of people worldwide. This book discusses the physiological effects of sleep deprivation on the brain. Cognitive performance efficiency during a night without sleep is also assessed. Current theories concerning the role of sleep in memory processing, such as the Synaptic Homeostasis Theory, are examined. Furthermore, published data regarding sleep in critically ill patients is discussed to increase the awareness among health care professionals in general and the intensive care unit (ICU) staff in particular. Other chapters in this book address the correlation between excessive yawning and sleep deprivation and the types of oculomotor responses that occur in patients who are suffering from sleep deprivation. This new book gathers the latest research from around the globe in this field.

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