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Sleep and Health provides an accessible yet comprehensive overview of the relationship between sleep and health at the individual, community and population levels, as well as a discussion of the implications for public health, public policy and interventions. Based on a firm foundation in many areas of sleep health research, this text further provides introductions to each sub-area of the field and a summary of the current research for each area. This book serves as a resource for those interested in learning about the growing field of sleep health research, including sections on social determinants, cardiovascular disease,

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cognitive functioning, health behavior theory, smoking, and more. Highlights the important role of sleep across a wide range of topic areas Addresses important topics such as sleep disparities, sleep and cardiometabolic disease risk, real-world effects of sleep deprivation, and public policy implications of poor sleep Contains accessible reviews that point to relevant literature in often-overlooked areas, serving as a helpful guide to all relevant information on this broad topic area Mathematics research papers provide a forum for all mathematics enthusiasts to exercise their mathematical experience, expertise and excitement. The research paper process epitomizes the differentiation of instruction, as each student chooses their own topic

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and extends it as far as their desire takes them. The features and benefits of the research paper process offer a natural alignment with all eight Common Core State Standards for Mathematical Practice. Writing Math Research Papers serves both as a text for students and as a resource for instructors and administrators. It systematically describes the steps involved in creating a mathematics research paper and an oral presentation. The chapters offer tips on technical writing, formatting, and preparing visual aids. For instructors and administrators, the book covers the logistics necessary in setting up a mathematics research program in a high school setting. This program received the 1997 Chevron Best

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Practices in Education Award as the premier high school mathematics course in the United States.

The Vampiric Housewife
Kristen Marquette

The purpose of this book is to survey the limited scientific knowledge about how sleep intersects with personality and social behavior. This edited volume establishes a new interdisciplinary field of inquiry about sleep that examines sleep processes in the context of social behavior and social-cognitive processes (e.g., liking, respecting, helping, hurting, achieving), as well as individual differences in personality (i.e., chronic patterns of emotion, thought, and behavior). Contributors identify key gaps in scientific knowledge about sleep and its

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import for personality-social processes, aiming to shape future research efforts by scholars in psychology, biology, sociology, and sleep medicine. Among the topics discussed: How sleep shapes emotion regulation Sleep and temperament in early childhood Dynamics between sleep and self-control Implications for task performance Influence of sleep on social cognition and judgment Sleep, Personality, and Social Behavior comprehensively examines the role of sleep in emotion and motivation, the impact of sleep on social-cognitive processes, the dynamics between sleeping and relationships functioning, the import of sleep for group behavior, the role of personality differences in sleep, and the role of sleep in

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personality and social development. Researchers in personality and social psychology, health psychology, and neurology will find this an insightful book that addresses the significant gaps in scientific understanding of sleep. Molecular, Functional and Clinical Aspects

Future Research Needs Paper Number 11

Sleep and Pain

The Evolution, Function, Nature, and Mysteries of Slumber

Sleep and Mental Illness

Using activities and interactive projects, instructs readers on learning to fall asleep without restlessness, fear, or behavioral problems. In the sleepy town of Sangre

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Valley, Buicks still have tailfins, girls don poodle skirts, and families gather around their black and white televisions to watch The Donna Reed Show. But not all is as it seems in this 1950's town. The milkman leaves bottles of blood on the doorstep instead of milk, and the grocery store sells human heads as produce instead of heads of lettuce. The residents of Sangre Valley are vampires. Valerie Murray is a vampiric housewife with three beautiful children, a successful husband, and a

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lovely home. But after a dinner party for her husband's boss Dr. Venjamin, Valerie learns the doctor's dark secret and her world is turned upside down. Now to save her children from Venjamin's depraved plans, they must flee Sangre Valley and run for their lives. But what the family faces outside their small town is nearly as terrifying as what awaits them within. This new book provides a scholarly, yet practical approach to the challenges found in teaching introductory psychology.

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Best Practices for Teaching Introduction to Psychology addresses:

- developing the course and assessing student performance
- selecting which topics to cover and in how much depth
- the effective use of teaching assistants (TAs) and efficient and fair ways to construct and grade exams
- choosing the best textbook
- assessment advice on how to demonstrate students are learning;
- using on-line instruction, writing exercises, and class demonstrations
- teaching majors and non-majors in the same

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classroom. This book will appeal to veteran and novice educators who teach introductory psychology as well as graduate students teaching the course for the first time. It will also serve as an excellent resource in faculty workshops on teaching introductory psychology.

Sleep is the natural state of bodily rest, common to all mammals and birds and also seen in many reptiles, amphibians and fish. For most species, regular sleep is essential for survival, yet the specific purposes of

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sleep are still only partly clear and are the subject of intense research. This volume is comprised of the editors' selection of the most relevant articles on sleep from the Encyclopedia of Neuroscience, resulting in the first comprehensive collection of introductory articles on the neuroscience of sleep. Articles explore sleep's impact on neural functioning, sleep disorders, the relation between sleep and other clinical disorders, a look at sleep from a developmental perspective, and more. * Chapters offer

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impressive scope with topics addressing neural functioning, disorders, development, and more, carefully selected by one of the most preeminent sleep researchers * Richly illustrated in full color with over 100 figures *

Contributors represent the most outstanding scholarship in the field, with each chapter providing fully vetted and reliable expert knowledge

An Unmet Public Health
Problem

Sleep Disorders in Children
Foundations of Sleep Health

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Why We Sleep

What It Is, How It Works, and Why It Matters

Resources in Education

Mathematics research papers provide a forum for all mathematics enthusiasts to exercise their mathematical experience, expertise and excitement. The research paper process epitomizes the differentiation of instruction, as each student chooses their own topic and extends it as far as their motivation and desire takes them. The features and benefits of the research paper process offer a natural alignment with all eight Common Core State Standards for Mathematical Practice. Writing Math Research Papers serves both

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as a text for students and as a resource for instructors and administrators. The Writing Math Research Papers program started at North Shore High School in 1991, and it received the 1997 Chevron Best Practices in Education Award as the premier high school math course in the United States. Author Robert Gerver's articles on high school mathematics research programs were featured in the National Council of Teachers of Mathematics publication Developing Mathematically Promising Students, the NCTM's 1999 Yearbook, Developing Mathematical Reasoning in Grades K – 12, and in the September 2017 issue of the Mathematics Teacher.

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First published in 1985. Routledge is an imprint of Taylor & Francis, an informa company.

Research on cannabis and sleep is emerging with promising results. This book offers current and comprehensive knowledge on cannabinoid research results in connection with sleep. The volume covers aspects of the hemp plant *Cannabis sativa*, the pharmacology of cannabinoids, neurobiology and pharmacology of sleep and wakefulness, and the benefits and side effects of cannabis on the central nervous system. It further discusses the putative therapeutical properties of cannabinoids and endocannabinoids and their potential for the treatment of sleep

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disorders such as insomnia, obstructive sleep apnea, REM sleep behavior disorder, and restless legs syndrome. The book is written by medical and scientific experts in this field and intended for researchers from a range of disciplines such as biomedicine, biology, neurosciences, clinical medicine, neurology, and pharmacology.

The diagnosis of mental illness is frequently accompanied by sleep problems; conversely, people experiencing sleep problems may subsequently develop mental illness. Sleep and Mental Illness looks at this close correlation and considers the implications of research findings that have emerged in the last few years. Additionally, it surveys the

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essential concepts and practical tools required to deal with sleep and comorbid psychiatric problems. The volume is divided into three main sections: basic science, neuroendocrinology, and clinical science. Included are over 30 chapters on topics such as neuropharmacology, insomnia, depression, dementia, autism, and schizophrenia. Relevant questionnaires for the assessment of sleep disorders, including quality-of-life measurement tools, are provided. There is also a summary table of drugs for treating sleep disorders. This interdisciplinary text will be of interest to clinicians working in psychiatry, behavioral sleep medicine, neurology, pulmonary and

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critical care medicine.

**A European Comparative Study
From Aetiology to Public Health
Review of Sleep Medicine**

**Topics in the History of Psychology
Improving Sleep: A guide to a good
night's rest**

**Sleep, Personality, and Social
Behavior**

Adolescents and young adults are the main users of social media. This has sparked interest among researchers regarding the effects of social media on normative development. There exists a need for an edited collection that will provide readers with both breadth and depth on the impacts of social media on normative development

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and social media as an amplifier of positive and negative behaviors. The Psychology and Dynamics Behind Social Media Interactions is an essential reference book that focuses on current social media research and provides insight into the benefits and detriments of social media through the lens of psychological theories. It enhances the understanding of current research regarding the antecedents to social media use and problematic use, effects of use for identity formation, mental and physical health, and relationships (friendships and romantic and family relationships) in addition to

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implications for education and support groups. Intended to aid in collaborative research opportunities, this book is ideal for clinicians, educators, researchers, councilors, psychologists, and social workers.

"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

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We often hear that humans spend one third of their lives sleeping—and most of us would up that fraction if we could. Whether we're curling up for a brief lunchtime catnap, catching a doze on a sunny afternoon, or clocking our solid eight hours at night, sleeping is normally a reliable way to rest our heads and recharge our minds. And our bodies demand it: without sufficient sleep, we experience changes in mood, memory loss, and difficulty concentrating. Symptoms of sleep deprivation can be severe, and we know that sleep is essential for restoring and rejuvenating muscles, tissue, and energy. And yet,

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although science is making remarkable inroads into the workings and functions of sleep, many aspects still remain a mystery. In *The Science of Sleep*, sleep expert Wallace B. Mendelson explains the elements of human sleep states and explores the variety of sleep disorders afflicting thousands of people worldwide. Mendelson lays out the various treatments that are available today and provides a helpful guide for one of life's most important activities. By offering the first scientific yet accessible account of sleep science, Mendelson allows readers to assess their personal relationships with sleep

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and craft their own individual approaches to a comfortable and effective night's rest.

Addressing one of the major public health issues of the day with cutting-edge research and empathetic understanding, *The Science of Sleep* is the definitive illustrated reference guide to sleep science.

A great deal of progress has been made in the characterization, assessment and treatment of sleep disorders in recent years. Detailing the functions of sleep and its effect on cognition and development, this book offers a comprehensive, practical approach to the evaluation and

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treatment of patients with sleep disorders.

**The Psychology and Dynamics
Behind Social Media Interactions**

A Clinical Casebook

**Unlocking the Power of Sleep
and Dreams**

**Teaching Edith Wharton's Major
Novels and Short Fiction**

The Science of Sleep

**Future Research Needs Paper
Number 12**

Neuroscience, like psychology, has a short history but a long past. Although the mind-body relationship has been studied for a long time, it is only in the last

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fifty years that the term "neuroscience" has been applied to the academic disciplines focusing on brain and behavior. This book explores topics on the brain, psychoactive drugs, and a variety of human behaviors and experiences--such as music and sleep--taking into consideration the importance of historical roots of neuroscience, which have been largely unexamined before now. It looks particularly at the importance of the

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Victorian era in the development of theories of the nervous system, which are still visible in today's discourse on brain and behavior.

Presents articles on sleep and sleep disorders, including symptoms, treatment options, and definitions of clinical terminology.

This fascinating reference covers the major topics concerning dreaming and sleep, based on the latest empirical evidence from sleep research as well

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as drawn from a broad range of dream-related interdisciplinary contexts, including history and anthropology. * 330 alphabetically arranged entries * An appendix provides resources for further reading, including online sources * A special index on dreams * Primary resources lists after each entry for reference and review

We spend a third of our lives in bed, but how much do we really

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understand about what happens when we go to sleep? What s the right amount? Why do we experience jet lag? Is snoring normal? Enter Dr. Meir Kryger, a world authority on the science of sleep, with a comprehensive guide to the science of slumber that combines detailed case studies, helpful tables, illustrations, and pragmatic advice. Everyone needs sleep, and many of us will experience some difficulty sleeping over

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the course of our lifetimes (or know someone who does). Kryger s comprehensive text is a much-needed bedside resource for insomniacs, those who can t stay awake, and the simply curious. Uniquely wide ranging, this is part scientific history and part handbook of sleep and the disorders that affect it.--

Best Practices for Teaching Introduction to Psychology
Your guide to healthy

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sleep

Sleep Disorders in
Adolescents

Sleep, Health, and
Society

Sleep Needs, Patterns
and Difficulties of
Adolescents

Sleep Quality in Young
Adults

Sleep-wake disorders frequently give rise to severe ailments and varied distresses in a great number of people in the world, disturbing their physical and mental activities and their social function. Sleep-

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wake disorders are now classified into a great number of categories according to their clinical features and etiological factors.

Patients with sleep-wake disorders are taken care of not only by specialists for such disorders but also by general physicians and specialists of different physical and mental disorders. In the recent years, the nature of sleep and sleep-wake disorders have been intensively studied by investigators belonging to different fields of

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science including medicine, biology, and psychology in many countries. It is very important for the progress of research that investigators working in the related fields in different countries meet together and exchange their findings and ideas. The Japanese-German International Symposium on Sleep-Wake Disorders was held on October 9-10th, 1996 in the old, beautiful city of Erfurt (Germany). This symposium was organized by Professor Karlheinz Meier-Ewert

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(Schwalmstadt, Germany) and Dr. Masako Okawa (Ichikawa, Japan), with support of the German Society of Sleep Research (President at that time, Professor J. H. Peter) and of the Japanese Society of Sleep Research (President at that time, Professor Y. Hishikawa).

Review of Sleep Medicine, by Drs. Alon Avidan and Teri Barkoukis, prepares you for the ABSM exam with a comprehensive review-and-test format that includes figures, tables, and lists highlighting key points. With content revised to

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match the new exam and updated coverage of pharmacology and sleep medicine, insomnias, parasomnias, sleep-related breathing disorders, and more, you'll stay current on recent developments in the field. The text is fully searchable online at www.expertconsult.com, along with links to PubMed, and features more than 600 interactive questions and answers in study and timed practice modes, making this the ideal resource for ABSM exam preparation. Effectively prepare for

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the ABMS sleep exam using case-based multiple-choice and fact-testing questions that parallel those on the test. Identify the reasoning behind each answer with comprehensive explanations so you know how to think logically about the problems. Quickly review crucial material with succinct summaries of all aspects of working with the sleep disordered patient. Master the content tested on the exam through explanatory high-yield tables and charts, sleep stage scoring, and an artifacts

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and arrhythmias mini-atlas. Tap into the expertise of a multidisciplinary team of recognized leaders ranging from world-renowned sleep researchers to sleep clinicians and educators. Robust online package includes: More than 600 ABSM-focused interactive questions with answers in study and timed practice modes Fully searchable text Links to PubMed. Updated coverage of the latest advances in sleep medicine for pharmacology, tools in clinical sleep medicine, sleep disorders,

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and much more. Brand new chapters in: Sleep Breathing Disorders Cardiovascular Pathophysiology Evaluating Epilepsy Pearls of Pediatric Sleep Cardiopulmonary Disorders Neurological Sleep Disorders Sleep-Wake Disorders Clinical Case Studies II Knowing Practice Parameters Ace the American Board of Medical Specialties (ABMS) sleep exam with comprehensive review content and timed practice tests, online and in print!

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Comparative Effectiveness Reviews (CER)—systematic reviews of existing research on the effectiveness, comparative effectiveness, and comparative harms of different health care interventions—are intended to provide relevant evidence to inform real-world health care decisions for patients, providers, and policymakers. In addition to synthesizing the evidence, CERs also identify the gaps in evidence that limit the ability to answer the key

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research questions. As part of an effort beginning in 2010, the Agency for Healthcare Research and Quality supports its Evidence-based Practice Centers (EPCs) to work with various stakeholders to further develop and prioritize the future research needed by decisionmakers. This process is new, and the methods to delineate future research needs (FRN) are not yet fully developed. The current report describes the first experience of the Tufts

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EPC in a stakeholder-driven process to identify and nominate for prioritization FRN topics (other than a pilot process with a limited involvement of a small number of stakeholders). The FRN document is intended to inform and support researchers and those who fund research to ultimately enhance the body of comparative effectiveness evidence so that it is useful for decisionmakers. This document describes the process of developing a prioritized list of

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research needs with considerations of the advantages and disadvantages of various potential research designs to help researchers and funders develop future research proposals or solicitations, respectively. This process begins with identification of evidence gaps from the original CER, followed by the addition of other areas potentially requiring further research, nomination for prioritization of these evidence gaps by stakeholders, and

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development of potential study designs for the highest priority topics. Although researchers and funders of research are the end-users of the report, the resulting research is meant to improve health care decisions; therefore, the stakeholders for this process include patients, clinicians, research investigators, payers, and policymakers. The current FRN project was launched shortly after completion of the CER on obstructive sleep apnea (OSA). OSA is an important public health

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issue, due to the considerable mortality and morbidity associated with the condition. The commonly used methods for diagnosing and treating OSA are cumbersome, resource intensive, and often inconvenient for the patient. The Tufts EPC conducted a CER on diagnostic tools, characteristics of OSA that are predictive of poor outcomes, and treatments for OSA. For the purpose of the FRN process, the original OSA CER was divided into two overarching sections:

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diagnosis and treatment. This document describes the FRN for treatment of OSA; an accompanying parallel report describes the FRN for diagnosis.³ For the most part, the Background, Methods, and description of the challenges are nearly identical between the two reports.

Sleep is not only a biological necessity but also a physiological drive. In today's fast-paced world, though, a good night's sleep is often the first thing to go. The effects of

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inadequate sleep are more than mere annoyances: they affect our mood and how we perform at school, work, and home and behind the wheel. Lost sleep also accumulates over time; the more "sleep debt " an individual incurs, the greater the negative consequences, according to researchers in the field. Research on adolescents and sleep has been under way for more than two decades, and there is growing evidence that adolescents are developmentally vulnerable to sleep difficulties. To

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discuss current research in this area and its implications in the policy, public, health, and educational arenas, the Forum on Adolescence of the Board on Children, Youth, and Families held a workshop, entitled Sleep Needs, Patterns, and Difficulties of Adolescents, on September 22, 1999.

Encyclopedia of Sleep and Dreams

Writing Math Research Papers

The Encyclopedia of Sleep and Sleep Disorders

Food Components to Enhance

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Performance

A Guide for Students and
Instructors

Children and Their

Changing Media Environment

Alterations in sleep are common manifestations of aging that can lead to significant health problems and contribute to behavioural problems associated with age-related neurodegenerative disorders such as Alzheimer's and Parkinson's diseases. Recent advances have revealed key cellular and molecular mechanisms involved in sleep regulation, and this knowledge is helping to advance an understanding of both the normal

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functions of sleep and the mechanisms responsible for abnormalities in sleep in various neurological conditions and during normal aging. This volume of *Advances in Cell Aging and Gerontology* brings together chapters by leaders in the fields of sleep research and the neurobiology of aging. The book starts with chapters describing fundamental aspects of the neurocircuitry involved in sleep, patterns of brain activity during the different stages of sleep and disturbances of sleep during aging. The links between depression, anxiety and insomnia are reviewed in regards to the

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underlying neurochemical alterations that appear to involve abnormalities in neurotransmitter and neurotrophic factor signalling. The evolutionary basis of sleep is reviewed and the emerging evidence supporting a major role for sleep in learning and memory is described. The bulk of the book focuses on specific sleep disorders associated with aging and age-related neurodegenerative disorders. A comprehensive consideration of this topic is woven through a number of chapters that address both basic research and clinical aspects of sleep abnormalities during aging and in disease. The

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impact of sleep on the immune system is described. The articles are written in a high level of detail and are comprehensive, thus providing valuable information for a range of scientists and other well-educated people. In particular, the book will be a valuable resource for graduate students, postdoctoral and senior scientists in the fields of sleep, aging, neurodegenerative disorders and learning and memory. In addition, clinicians will find this book valuable as it provides a bridge between basic research and the treatment of the patients with sleep disorders. *

Covers the fields of sleep in aging

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and age-related disease from neurochemistry to the clinic * Includes detailed summary diagrams that depict key concepts * Provides views of the future of research on sleep and aging, and the potential for prevention and treatment of various sleep disorders

The current Future Research Needs (FRN) project was launched shortly after completion of the comparative effectiveness report (CER) on obstructive sleep apnea (OSA). OSA is an important public health issue, due to the considerable mortality and morbidity associated with the condition. The commonly used

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methods for diagnosing and treating OSA are cumbersome, resource-intensive, and often inconvenient for the patient. The Tufts EPC conducted a CER on diagnostic tools, characteristics of OSA that are predictive of poor outcomes, and treatments for OSA. For the purpose of the FRN process, the original OSA CER was divided into two overarching sections: diagnosis and treatment. This document describes the FRN for diagnosis of OSA; an accompanying parallel report describes the FRN for treatment. For the most part, the Background, Methods, and description of the challenges are

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nearly identical between the two reports. Comparative Effectiveness Reviews (CER)—systematic reviews of existing research on the effectiveness, comparative effectiveness, and comparative harms of different health care interventions—are intended to provide relevant evidence to inform real-world health care decisions for patients, providers, and policymakers. In addition to synthesizing the evidence, CERs also identify the gaps in evidence that limit the ability to answer the key research questions. As part of an effort beginning in 2010, the Agency for Healthcare Research

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and Quality (AHRQ) supports its Evidence-based Practice Centers (EPCs) to work with various stakeholders to further develop and prioritize the future research needed by decisionmakers. This process is new, and the methods to delineate future research needs (FRN) are not yet fully developed. The current report describes the first experience of the Tufts EPC in a stakeholder driven process to identify and nominate for prioritization FRN topics (other than a pilot process with a limited involvement of a small number of stakeholders). The FRN document is intended to inform and support researchers and

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those who fund research to ultimately enhance the body of comparative effectiveness evidence so that it is useful for decisionmakers. This document describes the process of developing a prioritized list of research needs with considerations of the advantages and disadvantages of various potential research designs to help researchers and funders develop future research proposals or solicitations, respectively. This process begins with identification of evidence gaps from the original CER, followed by the addition of other areas potentially requiring further research, nomination for

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prioritization of these evidence gaps by stakeholders, and development of potential study designs for the highest priority topics. Although researchers and funders of research are the end-users of the report, the resulting research is meant to improve health care decisions; therefore, the stakeholders for this process include patients, clinicians, research investigators, payers, and policymakers.

Foundations of Sleep Health presents sleep health as a critical element of overall individual and population health. Sleep disorders are an increasing problem plaguing more than 40 million

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Americans. Sleep impacts numerous biological functions and plays a critical role in brain development, including learning and memory consolidation, cognitive functioning, and emotion regulation. This book provides an historic and current overview of the state of sleep health with an emphasis on the interplay between several levels of determinants and factors that influence sleep health. The text provides students in the health professions with in-depth discussion on the theory, research, and practice of sleep health, while also detailing mechanisms, hypotheses, and

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determinants of sleep and ways to improve sleep health. Discusses the current state of knowledge of sleep health, research into the factors that contribute to and are impacted by sleep health Uses a socioecological model to examine the whole range of determinants of sleep health, from biological to upstream environmental factors and possible modes of intervention Contains a detailed glossary of sleep health terms to aid in the understanding of key concepts Includes learning outcomes for each chapter, objective assessments of knowledge, with explanations, and open-ended questions

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designed to facilitate discussion
This work covers basic sleep
facts, sleep disorders and
behaviours related to young adult
sleep, with particular focus on
college students' sleep quality.
Factors such as academic stress,
personal transitions to the work
world, and relationships all affect
the quality of sleep.

A Guide for High School Students
and Instructors

Future Research Needs for
Diagnosis of Obstructive Sleep
Apnea

The Advance of Neuroscience
The Psychology Research
Companion

Future Research Needs for

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Treatment of Obstructive Sleep Apnea

The Vampiric Housewife

The physiological or psychological stresses that employees bring to their workplace affect not only their own performance but that of their co-workers and others. These stresses are often compounded by those of the job itself. Medical personnel, firefighters, police, and military personnel in combat settings--among others--experience highly unpredictable timing and types of stressors. This book reviews and comments on the performance-enhancing potential

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of specific food components. It reflects the views of military and non-military scientists from such fields as neuroscience, nutrition, physiology, various medical specialties, and performance psychology on the most up-to-date research available on physical and mental performance enhancement in stressful conditions. Although placed within the context of military tasks, the volume will have wide-reaching implications for individuals in any job setting. This book translates recent scholarship into pedagogy for teaching Edith Wharton's widely celebrated and less-known fiction to students in the twenty-

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first century. It comprises such themes as American and European cultures, material culture, identity, sexuality, class, gender, law, history, journalism, anarchism, war, addiction, disability, ecology, technology, and social media in historical, cultural, transcultural, international, and regional contexts. It includes Wharton's works compared to those of other authors, taught online, read in foreign universities, and studied in film adaptations. Methodological Approaches for Sleep and Vigilance Research examines experimental procedures used to study the sleep-wake cycle, with topics

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covered by world leaders in the field. The book focuses on techniques commonly used in the sleep field, including polysomnography, electrophysiology, single- and multi-unit spiking activity recording, brain stimulation, EEG power spectra, optogenetics, telemetry, and wearable and non-wearable tracking devices. Further chapters on imaging techniques, questionnaires for sleep assessment, genome-wide association studies, artificial intelligence and big data are also featured. This discussion of significant conceptual advances into experimental procedures is suitable for anyone interested in

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the neurobiology of sleep. Discusses current sleep research methodologies for experienced scientists Focuses on techniques that allow measurement or assessment for the sleep-wake cycle Outlines mainstream research techniques and experimental characteristics of their uses Includes polysomnography, deep brain stimulation, and more Reviews sleep-tracking devices, EEG and telemetry Covers artificial intelligence and big data in analysis

This book is both an exam guide to children's sleep medicine and a practical manual for diagnosis and management of

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sleep disorders in children. An overview of the most frequent sleep disorders encountered in newborns, infants, children and adolescents is provided. This book discusses the main sleep disorders in detail, including insomnia, respiratory disturbances, movement disorders during sleep, circadian rhythm disorders, parasomnias, and disorders associated with increased sleepiness. It also covers sleep disorders associated with neurological, psychiatric, and medical diseases. This book is divided into two parts. The first part is an introduction to childhood sleep physiology and pathology,

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epidemiology of sleep disorders, and diagnostic procedures. The second part describes the most frequent sleep disorders in greater depth. Sleep Disorders in Children is aimed at sleep researchers, pediatricians, child neurologists and child psychiatrists, as well as patient organizations and families with affected children.

Sleep Disorders and Sleep Deprivation

What to Do when You Dread Your Bed

The Mystery of Sleep

Summary of a Workshop

Twelve Topics from the Victorian Era to Today

Methodological Approaches for

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Sleep and Vigilance Research ***Focusing on the meanings, uses, and impacts of new media in childhood, family life, peer culture, and the relation between home and school, this volume sets out to address many of the questions, fears, and hopes regarding the changing place of media in the lives of today's children and young people. The scholars contributing to this work argue that such questions--intellectual, empirical, and policy-related--can be productively addressed through cross-national research. Hence, this***

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volume brings together researchers from 12 countries--Belgium, Denmark, Finland, France, Germany, the United Kingdom, Israel, Italy, the Netherlands, Spain, Sweden, and Switzerland--to present original and comprehensive findings regarding the diffusion and significance of new media and information technologies among children. Inspired by parallels and difference between the arrival of television in the family home during the 1950s and the present day arrival of new media, the research is based

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on in-depth interviews and a detailed comparative survey of 6- to 16-year-olds across Europe and in Israel. The result is a comprehensive, detailed, and fascinating account of how these technologies are rapidly becoming central to the daily lives of young people. As a resource for researchers and students in media and communication studies, leisure and cultural studies, social psychology, and related areas, this volume provides crucial insights into the role of media in the lives of children. The findings included herein

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will also be of interest to policymakers in broadcasting, technology, and education throughout the world.

Many in the research and clinical communities are becoming increasingly aware of the interactions between sleep disorders and chronic pain syndromes. There are a number of obstacles on the path to better patient care, and there is considerable room for improvement in the way knowledge is shared between professionals in the sleep and pain communities. This book serves as the first step toward enhancing communication

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between the sleep and pain communities with the intent of improving patient care.

Clinical practice related to sleep problems and sleep disorders has been expanding rapidly in the last few years, but scientific research is not keeping pace. Sleep apnea, insomnia, and restless legs syndrome are three examples of very common disorders for which we have little biological information. This new book cuts across a variety of medical disciplines such as neurology, pulmonology, pediatrics, internal medicine, psychiatry, psychology,

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otolaryngology, and nursing, as well as other medical practices with an interest in the management of sleep pathology. This area of research is not limited to very young and old patientsâ€™ sleep disorders reach across all ages and ethnicities. Sleep Disorders and Sleep Deprivation presents a structured analysis that explores the following: Improving awareness among the general public and health care professionals. Increasing investment in interdisciplinary somnology and sleep medicine research training

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and mentoring activities. Validating and developing new and existing technologies for diagnosis and treatment. This book will be of interest to those looking to learn more about the enormous public health burden of sleep disorders and sleep deprivation and the strikingly limited capacity of the health care enterprise to identify and treat the majority of individuals suffering from sleep problems. This clinical casebook presents a comprehensive review of common sleep problems in adolescents in a

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concise, easy-to-read format. Each chapter thoroughly addresses a unique sleep disorder in teenagers through illustrative cases, reviews of relevant literature, and pearls of wisdom for both the practicing sleep specialist and other practitioners involved in the care of adolescents. Early chapters address various sleep disorders in detail: parasomnias, narcolepsy, obstructive sleep apnea, and delayed sleep-wake phase disorder, providing clear treatment considerations. Later chapters address sleep when complicated by issues of

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major depression, PTSD, epilepsy, and Traumatic Brain Injury. In-depth discussions and differential diagnosis engage the reader, and offer a multitude of research-based and clinically guided recommendations for the evaluation and treatment of sleep disorders in the adolescent. An ideal, practical resource for clinicians at all levels, Sleep Disorders In Adolescents provides a valuable contribution to adolescent care.

***Sleep and Aging
Sleep—Wake Disorders
From student project to***

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working life

Sleep and Health

***Why a Good Night's Rest is
Vital to a Better, Healthier Life***

Cannabinoids and Sleep

Sleep disturbances and sleep deprivation are increasingly common in modern society. Epidemiological methods of investigation have shown that sleep deprivation is associated with a variety of chronic conditions and health outcomes. Sleep medicine is a rapidly growing field of clinical research, affecting people across their lifespan. Relevant to a wide range of specialities including respiratory medicine, neurology, cardiology, and psychiatry, sleep

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also has a significant impact on the study of epidemiology, public health, and preventive medicine. Sleep, Health, and Society presents epidemiological evidence linking sleep deprivation and disruption to several chronic conditions, and explores the public health implications with the view to developing preventive strategies. The new edition of Sleep, Health, and Society provides up-to-date information on recently discovered areas of sleep medicine. Fully updated to reflect new research and data, as well as additional new chapters exploring eating patterns, nutrition, pregnancy, cancer, pain, and CBT in relation to sleep.

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Written by leading experts in the field of sleep medicine, *Sleep, Health, and Society* is ideal for students and professionals in epidemiology and public health. The research presented would also be valuable to respiratory physicians, neurologists, cardiologists, and psychiatrists who are interested in the impact of sleep disturbances and disorders.

The Psychology Research Companion: From student project to working life not only gives you the skills and confidence to conduct your psychology research project at university, but is the first book to show how these skills will help you get ahead in your first job in the

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workplace. Jessica S. Horst, an American psychologist teaching in the UK, takes you through every step of the research process; from conceiving your research question and choosing a research methodology, to organizing your time and resources effectively. The book includes sections on ethics, data management, working with research participants and report writing, but each chapter is also informed by the wider aim of providing a toolkit for working life. Each chapter is packed with tips and skills that can be taken into the workplace, including working collaboratively and organising your workload, as well as discussing your

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research project in interview situations and when applying for jobs. This invaluable guide will appeal to all undergraduate and postgraduate psychology students whose aim is to learn a set of transferable research skills as well as to obtain a good degree result.

A Kids Guide to Overcoming Problems with Sleep

The Oxford Handbook of Sleep and Sleep Disorders

Writing Math Research Papers - 5th Ed.

The Neuroscience of Sleep

An Evaluation of Potential Performance-Enhancing Food Components for Operational Rations