

Sleep and Biological Rhythms: Basic Mechanisms and Applications to Psychiatry, , 1990, Jacques Montplaisir, Roger Godbout, 0195058259, 9780195058253, Oxford University Press, 1990

This unique volume draws together current knowledge about the basic mechanisms responsible for sleep and other biological rhythms, and surveys the clinical applications that have recently evolved from research in these fields. The first part of the book details the organization of physiological and behavioral rhythms, their alteration in psychiatric conditions, the effects of sleep manipulation on affective disorders, and the effects of bright light exposure on melatonin secretion, sleep, and mood. The second part focuses on the physiology of sleep, and includes information on brainstem and diencephalic mechanisms of REM sleep control, putative sleep modulators and studies of the treatment of sleep disorders with cholinergic, monoaminergic, opioid and benzodiazepinic agents. As an authoritative, up-to-date resource, this work will interest psychiatrists, neuroscientists, and psychopharmacologists. It is an essential reference for sleep researchers and anyone involved in the study of circadian rhythms.

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Understanding Sleep The Evaluation and Treatment of Sleep Disorders, Mark R. Pressman, William C. Orr, Jan 1, 1997, Psychology, 566 pages. Content Description #Includes bibliographical references and index..

Sleep Physiology, Investigations, and Medicine, Michel Billiard, Nov 1, 2003, Health & Fitness, 764 pages. Sleep medicine is a recent discipline but its field of knowledge is already extensive. This results from the progress made in understanding sleep-wake mechanisms, the.

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