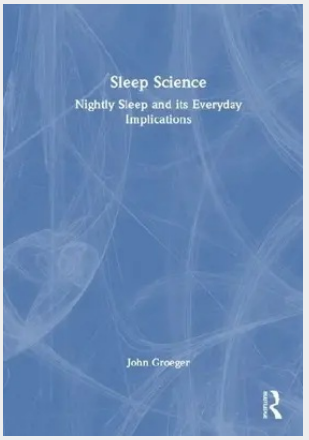
Groeger

Sleep Science

Nightly Sleep and its Everyday Implications



Sleep Science explores the biology and psychology of sleep and its impact on performance, health, and well-being. It examines the brain structures, hormones, neurotransmitters, and cytokines that enable essential functions, and explains how sleep, sleep loss, and circadian rhythms influence our everyday functioning. Changes in these processes from gestation to the final moments of life are explored, as are their differences across menstruation, motherhood and menopause. The book evaluates methods for measuring sleep and circadian phase, and considers how emotion, memory, and dreams reflect both physiological changes and daily experiences. Sleep Science considers the sleep of those working and living in unusual environments and climates. It also addresses the more everyday environmental, occupational, and lifestyle factors affecting sleep, as well as the consequences of sleep disruption, including impaired performance, mental and physical health risks, and mortality. Finally, it offers guidance on improving sleep and identifies conditions requiring professional intervention. Packed full of student-friendly features, including 'Everyday Sleep Issues' such as jet-lag, and sleep patterns during Ramadan, and how what we eat and drink affects sleep, the book is an essential companion for all undergraduate and postgraduate courses on Sleep.

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