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Sleep And Wakefulness



Synopsis

For half a century, *Sleep and Wakefulness* has been a valuable reference work. It discusses phases of the sleep cycle, experimental work on sleep and wakefulness, sleep disorders and their treatment, and such sleep-like states as hypnosis and hibernation. --This text refers to the Paperback edition.

Book Information

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Customer Reviews

This book summarizes the major theories and findings on sleep function and pathology from antiquity to 1962. It contains over 4,300 references. The author and his graduate student, Eugene Aserinsky, discovered the state of REM sleep in 1953. Kleitman did some of the first studies of 24 hour (circadian) rhythms in humans, using the isolated confines of Mammoth cave as his laboratory. All current work in sleep and sleep disorders has Kleitman's book as its foundation. This book is "a must" for all those with a serious interest in sleep function and sleep disorders. Kleitman is now (1999) 104 years old.

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Sleep Apnea: The Ultimate Guide How To Manage And Treat Your Sleep Apnea (Sleep Apnea Machine, Sleep Apnea Guide, Sleep Apnea Cure, Sleep Apnea Treatment, Sleep Apnea Solution, Book 3)
My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep

Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution) Sleep Apnea: The Most Effective Sleep Apnea Cure: Discover a Sleep Apnea Treatment in 7 Days or Less! (Sleep apnea, anxiety management, insomnia, diabetes, snoring, sleep disorders, respironics) Sleep and Wakefulness The Sleep Lady's Good Night, Sleep Tight: Gentle Proven Solutions to Help Your Child Sleep Well and Wake Up Happy The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night's Sleep Sleep Hypnosis Bundle: Hypnosis Collection to Fall Asleep Instantly, Induce REM Sleep, Get Better Sleep and Wake up Refreshed Sleep: Discover How To Fall Asleep Easier, Get A Better Nights Rest & Wake Up Feeling Energized (The Best Sleep Solutions Available From All Natural To ... Treatments To Cure Insomnia & Sleep Easy) Color Me To Sleep: Nearly 100 Coloring Templates to Promote Relaxation and Restful Sleep (A Zen Coloring Book) Deep Sleep Hypnosis: Fall Asleep Instantly and Sleep Well Hypnosis 8 Hour Sleep Cycle with Chakra Opening and Cleansing Booster (The Sleep Learning System) Healthy Sleep Habits, Happy Child: A Step-by-Step Program for a Good Night's Sleep, 3rd Edition My Child Won't Sleep: A Quick Guide for the Sleep-Deprived Parent Hypnosis 8-Hour Sleep Cycle with Confidence Booster: The Sleep Learning System Hacking Sleep Apnea: 19 Strategies to Sleep & Breathe Easy Again The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night: Foreword by William Sears, M.D. Baby Sleep Training: How to Get Baby to Sleep Through Night Well Hypnosis 8 Hour Sleep Cycle with Stop Sugar Cravings, Weight Loss Booster (The Sleep Learning System) Hypnosis 8 Hour Sleep Cycle with Weight Loss Booster: The Sleep Learning System

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