



Encyclopedia of Sleep

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In a world of 24-hour media saturation, sleep has become an increasingly fraught enterprise. The award-winning four-volume *Encyclopedia of Sleep* is the largest reference, either online or in print, on the subject of sleep. Written to be useful for the novice and the established researcher and clinician, Topic areas will include sleep across the life cycle and in other species, sleep and women, sleep and the elderly, pediatric sleep, sleep deprivation and loss, sleep mechanisms, sleep physiology and pathophysiology, sleep disorders, neurobiology, chronobiology, pharmacology, and impact of other disorders on sleep.

Recognizing the many fields that are connected to sleep science, the editorial team has been carefully chosen to do justice to this highly interdisciplinary field of study. The steady growth of researchers and clinicians in the sleep field attests to the continued interest in the scientific study of sleep and the management of patients with sleep disorders, and anyone involved in this exciting field should find this work to be an invaluable reference.

- 2013 PROSE Award winner for Multivolume Reference in Science from the Association of American Publishers
- Thoroughly interdisciplinary: looks at sleep throughout the life cycle, with exceptional coverage of basic sleep concepts, the physiology of sleep as well as sleep disorders of all descriptions
- Excellent coverage of sleep and special populations, covering the lifespan, as well as gender and ethnic differences, among others
- Chapters focusing on sleep disorders are grouped under the broad categories classified in the ICSD-2 for clear organization so that the reader can effectively access the steps involved in diagnosing and treating these disorders
- Online version is linked both within the encyclopedia (to related content) and to external sources (such as primary journal content) so that users have easy access to more detailed information if needed

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Thomas Llanos:

Spent a free time and energy to be fun activity to complete! A lot of people spent their spare time with their family, or their particular friends. Usually they carrying out activity like watching television, going to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? May be reading a book is usually option to fill your free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to try look for book, may be the publication untitled Encyclopedia of Sleep can be very good book to read. May be it can be best activity to you.

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