

Sleep A Very Short Introduction Very Short Introductions

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This Very Short Introduction addresses the biological and psychological aspects of sleep, providing a basic understanding of what sleep is and how it is measured, looking at sleep through the human lifespan and the causes and consequences of major sleep disorders.

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~~Sleep: A Very Short Introduction—Very Short Introductions~~

Sleep: A Very Short Introduction. Steven W. Lockley and Russell G. Foster. March 2012. ISBN: 9780199587858. 160 pages Paperback 174x111mm In Stock. Very Short Introductions. Price: £8.99. Why do we need sleep? What happens when we don't get enough?

~~Sleep: A Very Short Introduction—Paperback—Steven W...~~

This Very Short Introduction addresses the biological and psychological aspects of sleep, providing a basic understanding of what sleep is and how it is measured, a look at sleep through the human lifespan, and the causes and consequences of major sleep disorders. The book describes dramatic break

~~Sleep: A Very Short Introduction by Steven W. Lockley~~

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All studies seem to indicate that sleep is important and is essential to good health, along with diet and exercise. Access to the complete content on Very Short Introductions online requires a subscription or purchase. Public users are able to search the site and view the abstracts and keywords for each book and chapter without a subscription.

~~7. Sleep and health—Very Short Introductions~~

Abstract. We used to think of sleep as a state of suspended activity and unconsciousness. Nowadays, we regard sleep as an inconvenience at best, a weakness at worst. Sleep has considerable benefits. It makes us feel better and helps our brains find solutions to everyday problems. 'Sleep through the ages' describes sleep patterns of the past, when we slept for longer periods of time than we do now.

~~1. Sleep through the ages—Very Short Introductions~~

This Very Short Introduction addresses the biological and psychological aspects of sleep, providing a basic understanding of what sleep is and how it is measured, a look at sleep through the human lifespan, and the causes and consequences of major sleep disorders. The book describes dramatic breakthroughs in our knowledge of how sleep occurs, what it does, and what happens to our health if we do not have enough.

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~~Sleep : a very short introduction (eBook, 2012) [WorldCat.org]~~

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As my title states, with many of the 'Very Short Introduction' books, they do require some weighing up before purchase. Some merely outline some of the contemporary ideas of a theme after roughly sketching out a brief history, whilst others (like Foster and Lockley's book Sleep), are incredibly informative, simply written with not a whiff of postmodernism or pretension, and are a genuine ...

Explores sleep disorders, describes breakthroughs in the study of sleep, and considers the impact of modern society on it.

What is dreaming, and what causes it? Why are dreams so strange and why are they so hard to remember? Replacing dream mystique with modern dream science, J. Allan Hobson provides a new and increasingly complete picture of how dreaming is created by the brain. Focusing on dreaming to explain the mechanisms of sleep, this book explores how the new science of dreaming is affecting theories in psychoanalysis, and how it is helping our understanding of the causes of mental illness. J. Allan Hobson investigates his own dreams to illustrate and explain some of the fascinating discoveries of modern sleep science, while challenging some of the traditionally accepted theories about the meaning of dreams. He reveals how dreaming maintains and develops the mind, why we go crazy in our dreams in order to avoid doing so when we are awake, and why sleep is not just good for health but essential for life. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

The earth's daily rotation affects just about every living creature. From dawn through to dusk, there are changes in light, temperature, humidity, and rainfall. However, these changes are regular, rhythmic and, therefore, predictable. Thus, the near 24 hour circadian rhythm is innate: a genetically programmed clock that essentially ticks of its own accord. This Very Short Introduction explains how organisms can -know- the time and reveals what we now understand of the nature and operation of chronobiological processes. Covering variables such as light, the metabolism, human health, and the seasons, Foster and Kreitzman illustrate how jet lag and shift work can impact on human well-

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being, and consider circadian rhythms alongside a wide range of disorders, from schizophrenia to obesity. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

In this fascinating book, Harvard researcher Hobson offers an intriguing look at the nightly odyssey through the illusory world of dreams. Hobson describes how the theory of dreaming has advanced dramatically over the past 50 years, sparked by the use of EEGs in the 1950s and by recent innovations in brain imaging. 20 illustrations.

A lively introduction that combines the perspectives of philosophy, psychology and neuroscience - written by the top name in the field, Susan Blackmore.

Systems biology came about as growing numbers of engineers and scientists from other fields created algorithms which supported the analysis of biological data in incredible quantities. Whereas biologists of the past had been forced to study one item or aspect at a time, due to technical and biological limitations, it suddenly became possible to study biological phenomena within their natural contexts. This interdisciplinary field offers a holistic approach to interpreting these processes, and has been responsible for some of the most important developments in the science of human health and environmental sustainability. This Very Short Introduction outlines the exciting processes and possibilities in the new field of systems biology. Eberhard O. Voit describes how it enabled us to learn how intricately the expression of every gene is controlled, how signaling systems keep organisms running smoothly, and how complicated even the simplest cells are. He explores what this field is about, why it is needed, and how it will affect our understanding of life, particularly in the areas of personalized medicine, drug development, food and energy production, and sustainable stewardship of our environments. Throughout he considers how new tools are being provided from the fields of mathematics, computer science, engineering, physics, and chemistry to grasp the complexity of the countless interacting processes in cells which would overwhelm the cognitive and analytical capabilities of the human mind. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

How does the brain work? How different is a human brain from other creatures' brains? Is the human brain still evolving? In this fascinating book, Michael O'Shea provides a non-technical introduction to the main issues and findings in current brain research, and gives a sense of how neuroscience addresses questions about the relationship between the brain and the mind. Chapters tackle subjects such as brain processes, perception, memory, motor control and the causes of 'altered mental states'. A final section discusses possible future developments in neuroscience, touching on artificial intelligence, gene therapy, the importance of the Human Genome Project, drugs by design, and transplants. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors

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combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

This Very Short Introduction brings together the latest research in neuroscience and psychology - weaving in case-studies, anecdotes, literature, and philosophy - to explore and explain the science of memory - how it works, and why we can't live without it.

What is depression? What is bipolar disorder? How are they diagnosed and how are they treated? Can/should a small child be diagnosed with depression and treated with antidepressants? Covering both depression and bipolar disorder, this Very Short Introduction will begin by giving a brief account of the history of these concepts and will then focus on the descriptions and understanding of these disorders. It will look at the introduction of modern treatments, recounting the stories behind the development and introduction of antidepressants and mood stabilizers. Symptoms and signs will be covered, as will the association between physical disorders and depression. It will explore the importance of depression and bipolar disorder in society, and will include a section on creativity and mood disorders. The book will also cover models of both disorders, and will conclude by discussing treatments and the future.

What do anaesthetists do? How does anaesthesia work? What are the risks? And how does the anaesthetist know if you are really asleep? Anaesthesia is a mysterious and sometimes threatening process. In this Very Short Introduction, Aidan O'Donnell takes the reader on a tour through the whole of the modern anaesthetic practice. He begins by explaining general anaesthesia: what it is, how it is produced, and how it differs from natural sleep and other forms of unconsciousness. He goes on to consider the main categories of anaesthetic drugs, including anaesthetic vapours, intravenous agents, muscle relaxants, and analgesics, together with explanations of how they work and what their purpose is. Set against the historical background of anaesthetic and surgical practice, O'Donnell examines the large role anaesthetists play in specialised areas such as intensive care medicine, pain medicine, and childbirth; and finally, he considers the risks of anaesthesia, putting in to context that anaesthesia is a very safe process. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

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