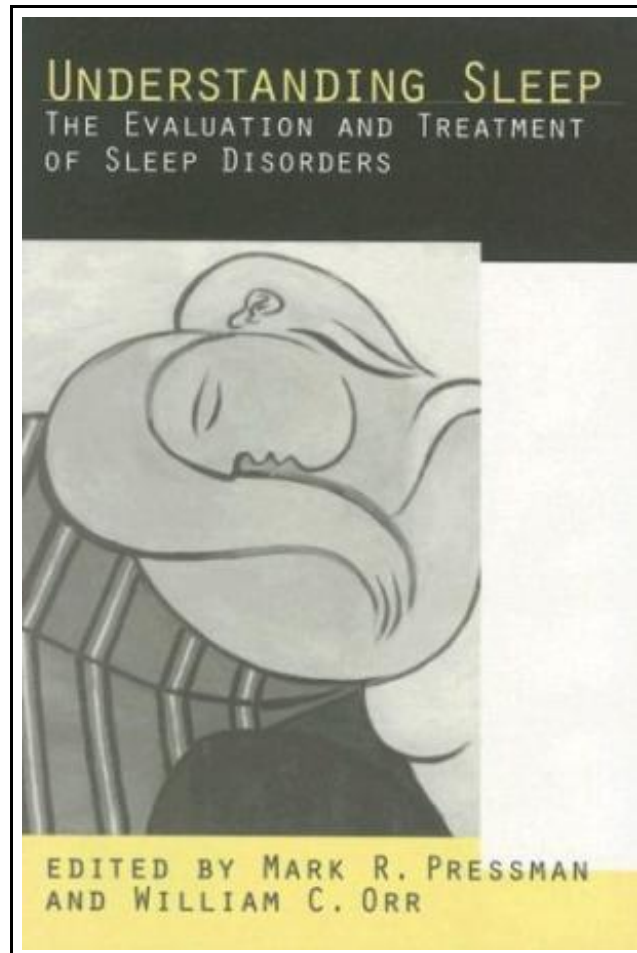


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UNDERSTANDING SLEEP: THE EVALUATION AND TREATMENT OF SLEEP DISORDERS



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American Psychological Association (APA), 1997. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: A "good night's sleep" is not just a luxury. How well a person sleeps can affect cognitive functioning, mental health, work performance, quality of life, and physiological and immune functions. Yet until recently, sleep, a complex and surprisingly active process, has been poorly understood. This edited volume, which looks at the newest developments in sleep research, gives readers an easy-to-understand review of the biological rhythms and stages of sleep and outlines the various kinds of sleep disorders. Understanding Sleep gives practitioners a clear set of methods for charting their clients sleep patterns and for developing behavioral techniques to bring on better sleep. Details about sleep treatments and sleep laboratories round out the wealth of information in this comprehensive book. This volume is a must-read for health psychologists, therapists, psychiatrists, physicians, nurses, and neurologists wanting to help their patients who struggle with sleep. Graduate students will also find this a useful reference.



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