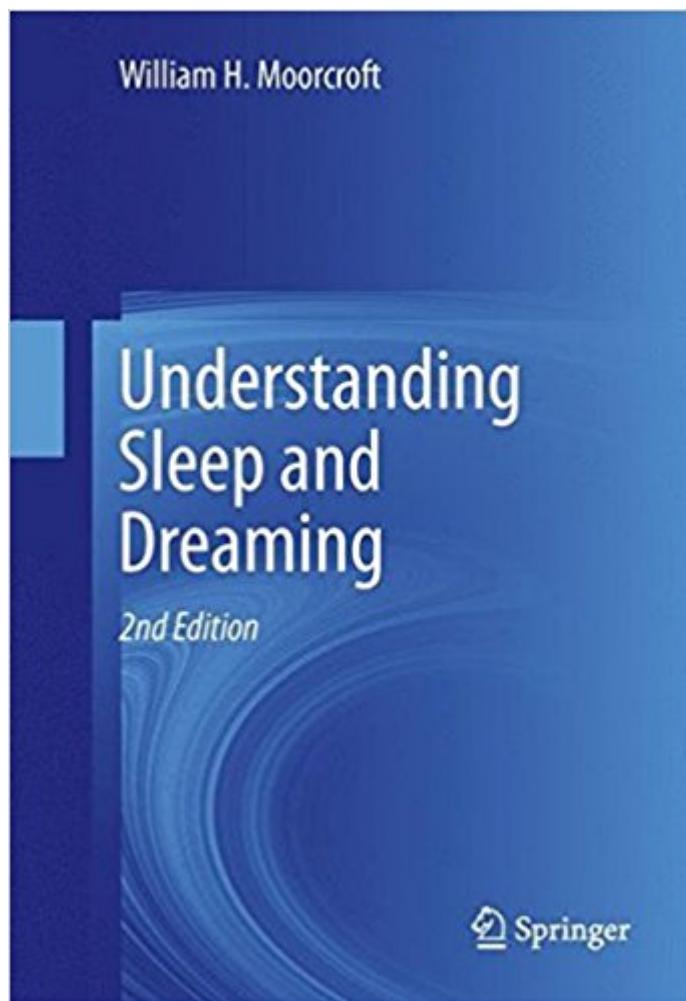


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# Understanding Sleep And Dreaming



## Synopsis

An updated edition of Moorcroftâ™s 2003 volume, this new work reflects recent scientific advances in the area of sleep andÂ disorders. As in the previous book, Understanding Sleep and Dreaming, this new edition serves as a compact overview for now sleep experts, coveringÂ physiological sleep mechanisms, brain function, psychological ramifications of sleep, dimensions of dreaming, and clinical disorders associated with sleep. It is accessibly written with specially boxed material that enhances the text.Â It alsoÂ offers a good foundation for those who will continue sleep studies, while at the same time offering enough information for those who will apply this knowledge in other ways such as cliniciansÂ private practices or researchers. It is an excellent text for courses on sleep at the undergraduate and graduate levels. The section on sleep labs will showÂ how computersÂ have replaced former models of data collection andÂ storage;Â includes the new area of the genetics of sleep; add a new box on teen sleep; insert a new box on the emerging information about how technology use affects sleep; emphasize the controversy over rampant, wide-spread sleep deprivation; and include a new box covering the connection between sleep loss and weight gain. Additional inclusions might incorporate current âœhot topics,â • such as the effect of shift work on sleep, sleep problems in adolescents, and nightmare treatment for people suffering from PTSD.

## Book Information

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## Customer Reviews

Praise for the First Edition:"Although sleep has been the subject of serious study for several

decades, there has not been available an integrated, introductory text for more than 10 years. Understanding Sleep and Dreaming fills this need with complete coverage of all aspects of sleep, dreaming, and sleep disorders, and is comprehensible as well as comprehensive. In accessible language, this text reviews the basic physiological mechanisms of sleep and the intertwined psychological ramifications. Most important, it is up to date, containing the latest information on the influence of orexin/hypocretin, nocturnal eating syndrome, the local cell theory of sleep, the effects of sleep deprivation, and the advantages of delaying school start times for teenagers. Distilling 25 years of combined clinical, research, and teaching experience, Dr. Moorcroft has created an excellent text for undergraduates, graduate students, and professionals, as well as for the general reader who wants a better understanding of the sleep process and its disorders."Janet M. Dunn, MD, Rush University Medical Center

Sleep is compellingâ •we cannot do without it. Until recently there have been many mysteries and misunderstandings about sleep and the dreams that accompany it. In recent years scientists have turned greater attention to sleep and dreaming resulting in greater understanding of what they are and how they work, leading to more informed speculations about their functions. The updated Second Edition of Understanding Sleep and Dreaming distills what has been discovered aboutâ •and dispels misunderstandings aboutâ •the range of physiological and psychological phenomena associated with these vital functions. Geared toward student readers but also informative for professional and general readers, this accessible book delves into all major aspects of sleep, its stages, and its deprivation; takes a developmental view of sleep patterns and needs; and reviews modern theories of dreaming. The author writes with the blended perspective of a professor, researcher, and clinician, featuring vivid details, arresting examples, the minimum of jargon, and a gentle dose of levity. Along the way, the book offers fascinating glimpses into diverse topics such as animal sleep and dream behavior, the history of sleeping arrangements, and why we yawn. Also among the topics examined are:Â What transpires in a sleep lab.The scientific measurement of sleep and sleepiness.The relationships between the brain, the body, and sleep.The effects of sleeplessness on the human body and cognition.What people dream about and why they dream.The functions of dreams and dreaming.Sleep disturbances and disorders: insomnia, sleep apnea, nightmares, narcolepsy, sleep walking, sleep-eating, and more.Â Such breadth and depth of coverage suits the Second Edition of Understanding Sleep and Dreaming to students and teachers, clinicians and researchers, practitioners and professionalsâ •anyone desiring to be informed about these most basic of human activities.Â

Wonderful information on how the body works and how sleep or the lack of effects our daily lives!

One of the most comprehensive and best books I've read in the field of dreams! I so recommend it to Jungians and non Jungians.

This particular book is a large authoritatively looking volume. I scanned through the chapters, index and contents, and read selected sections that attracted my attention. Unfortunately this book fails to deliver. The primary reason is that there's not a word about some of the most common causes of insomnia such, for example, as:- renal disease - 10% of population is affected by it (National Kidney Foundation data)- diabetes mellitus - 422 million adults worldwide live with it (WHO data)- neurotoxicity (including those of metals and organo-compounds)- metabolic diseases involving the melatonin cycle- dietary causes (i.e. Mg/I deficiency, Na overload)etc etc it's a grave omission. I cannot know if it is intentional or from ignorance, but without exploring a number of the key non-psychosomatic etiologies, this book is materially incomplete, misleading and potentially very harmful. The focus of this "clinical" book is on collecting clinically irrelevant and diagnostically unhelpful facts with a clear psychosomatic agenda. My main worry is that there is little about \*diagnosis\* and a heavy bias on justifying pharmacological interventions without even trying to understand potential causes of the illness. If you are a student or a health professional you have a responsibility of due care. You are unlikely to help your patients if you do not educate yourself. Read widely across different disciplines, research peer reviewed primary sources, even google, but most importantly do not treat this book as a good source on sleep disturbances or insomnia. It is biased towards prescribing drugs without actually uncovering what underlying causes might be. If you accept this psychosomatic group-think, this pharmaceutical-industry-endorsed dogma you are likely to make many people who reach out to you for help only much sicker.

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