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## Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem

By Committee on Sleep Medicine and Research, National Academy of Sciences, Board on Health Sciences Policy, Institute of Medicine, Harvey R. Colten

National Academies Press. Hardback. Book Condition: new. BRAND NEW, Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem, Committee on Sleep Medicine and Research, National Academy of Sciences, Board on Health Sciences Policy, Institute of Medicine, Harvey R. Colten, Clinical practice related to sleep problems and sleep disorders has been expanding rapidly in the last few years, but scientific research is not keeping pace. Sleep apnea, insomnia, and restless legs syndrome are three examples of very common disorders for which we have little biological information. This new book cuts across a variety of medical disciplines such as neurology, pulmonology, pediatrics, internal medicine, psychiatry, psychology, otolaryngology, and nursing, as well as other medical practices with an interest in the management of sleep pathology. This area of research is not limited to very young and old patients--sleep disorders reach across all ages and ethnicities. Sleep Disorders and Sleep Deprivation presents a structured analysis that explores the following: Improving awareness among the general public and health care professionals. Increasing investment in interdisciplinary somnology and sleep medicine research training and mentoring activities. Validating and developing new and existing technologies for diagnosis and treatment. This book will be of interest to those looking to...

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