



Sleep: Multi-Professional Perspectives

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This book brings together an unprecedented number and range of contributions from different disciplines relating to sleep in one comprehensive volume.

The contributors explore the science of sleep - what it is, what makes it happen and why we do it - as well as the measurement of sleep, its importance for daytime performance and its sociological and cultural aspects. Sleep disorders, sleep quality and the importance of sleep for daytime performance are also explored, as are the ways in which sleep can be affected by medication and medical and psychiatric conditions.

This groundbreaking and insightful book will be of great interest to students, academics and professionals in a wide range of disciplines, and anyone else who wishes to discover more about this fascinating topic.

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