

CONTENTS

Introduction: Historical Landmarks and Current Status of Sleep
Research and Practice 1
Colin A. Espie and Charles M. Morin

Part One • Sleep

1. Sleep and the Brain 11
Philippe Peigneux, Charline Urbain, and Remy Schmitz
2. The Regulation of Human Sleep and Wakefulness: Sleep Homeostasis and Circadian Rhythmicity 38
Derk-Jan Dijk and Alpar S. Lazar
3. The Functions of Sleep 61
Yvonne Harrison
4. Sleep and Human Development 75
Kathryn A. Lee and Libby A. Rosen
5. Sleep and Human Performance 95
Timothy H. Monk
6. The Role of Sleep in Neurocognitive Function 110
Matthew P. Walker
7. Sleep and Emotion 131
Martica Hall, Jessica Levenson, and Brant Hasler
8. Sleep, Dreams, and Dreaming 150
Joseph De Koninck
9. Sleep and Psychopathology 172
Polina Eidelman, Anda Gershon, Eleanor McGlinchey, and Allison G. Harvey
10. Sleep and Psychotropic Drugs 190
Dieter Riemann and Christoph Nissen
11. Sleep and Society 223
Sara Arber, Robert Meadows, and Susan Venn
12. Sleep, Work, and Occupational Stress 248
Torbjörn Åkerstedt and Göran Kecklund
13. Sleep and Gender: The Paradox of Sex and Sleep? 266
Helen S. Driver
14. Sleep and the Psychology Curriculum 289
Jason Ellis

Part Two • Sleep Disorders Epidemiology, Classification, and Assessment

15. The Epidemiology of Sleep 303
Kevin Morgan
16. A Socioeconomic Perspective of Sleep Disorders
(Insomnia and Obstructive Sleep Apnea) 324
Damien Leger
17. Forensic Aspects of Sleep Medicine 348
Rosalind D. Cartwright
18. Sleep Disorders Classification and Diagnosis 361
Jack D. Edinger and Charles M. Morin
19. Clinical Assessment of Sleep–Wake Complaints 383
James K. Wyatt, Jamie A. Cvengros, and Jason C. Ong
20. Insomnia I: Etiology and Conceptualization 405
Philip Gehrman, James Findley, and Michael Perlis
21. Insomnia II: Behavioral and Physiological Assessment 428
Célyne H. Bastien, Isabelle Turcotte, and Geneviève St-Jean
22. Insomnia III: Therapeutic Approaches 453
Kenneth L. Lichstein, Gregory S. Vander Wal, and Haley R. Dillon
23. Sleep and Psychiatric Disorders 471
Rachel Manber, Tricia Haynes, and Allison T. Siebern
24. Sleep and Medical Disorders 502
Leanne Fleming and Judith R. Davidson
25. Sleep and Substance Use Disorders 526
J. Todd Arnedt, Deirdre A. Conroy, and Kirk J. Brower
26. Parasomnias I: Nightmares 555
Anne Germain
27. Parasomnias II: Sleep Terrors and Somnambulism 577
Antonio Zadra and Mathieu Pilon
28. Circadian Rhythm Disorders I: Phase-Advanced & Phase-Delayed Syndromes 597
Leon C. Lack and Helen R. Wright
29. Circadian Rhythm Disorders II: Shift Work 626
Annie Vallières and Emmanuelle Bastille-Denis
30. Circadian Rhythm Disorders III: Jet Lag 648
Tracey L. Sletten and Josephine Arendt
31. Sleep-Related Breathing Disorders 666
Terri E. Weaver and Lichuan Ye
32. Hypersomnia and Narcolepsy 690
Yves Dauvilliers and Sophie Bayard
33. Restless Legs Syndrome (Willis-Ekbom Disease) and Periodic Limb Movements 707
Richard P. Allen

Part Three • Sleep and Special Populations

34. Sleep-Related Problems in Childhood 729
Melisa Moore and Jodi A. Mindell
35. Sleep-Related Problems in Adolescence and Emerging Adulthood 746
Amy R. Wolfson and Edward B. O'Malley
36. Sleep Disorders in the Elderly 769
Jeanne E. Maglione and Sonia Ancoli-Israel
37. Sleep Disturbances and Learning Disability (Mental Retardation) 787
Luci D. Wiggs
38. Sleep–Wake Disturbances and Fatigue in Individuals with Traumatic Brain Injury 820
Marie-Christine Ouellet, Simon Beaulieu-Bonneau, and Charles M. Morin
39. Sleep Disturbance and Chronic Pain: Biobehavioral Interactions 846
Michael T. Smith, Adeel Nasir, Claudia M. Campbell, and Renata Okonkwo
40. Conclusion: Overview, Emerging Trends, and Future Directions in Sleep Research and Practice 864
Charles M. Morin and Colin A. Espie
- Index 871