

Psychology 4H Single: Sleep And Circadian Timing

[View Online](#)

1

EBSCO Publishing (Firm). Scientific American. ;313.

2

Nature Publishing Group, EBSCO Publishing (Firm), Thomson Gale (Firm). Nature. ;497.

3

Sack RL, Auckley D, Auger RR, et al. Circadian Rhythm Sleep Disorders: Part I, Basic Principles, Shift Work and Jet Lag Disorders. *Sleep*. 2007;30:1460–83. doi: 10.1093/sleep/30.11.1460

4

Sack RL, Auckley D, Auger RR, et al. Circadian Rhythm Sleep Disorders: Part II, Advanced Sleep Phase Disorder, Delayed Sleep Phase Disorder, Free-Running Disorder, and Irregular Sleep-Wake Rhythm. *Sleep*. 2007;30:1484–501. doi: 10.1093/sleep/30.11.1484

5

Fallon M, Ebooks Corporation Limited. *Sleep medicine (study of sleep diseases and disorders)*. New Delhi: World Technologies 2012.

6

Kryger MH, Roth T, Dement WC. *Principles and practice of sleep medicine*. 5th ed. Philadelphia, PA: Saunders/Elsevier 2011.

7

Kothare SV, Ivanenko A. Parasomnias: clinical characteristics and treatment. New York, NY: Springer 2013.

8

Attarian HP, Schuman C. Clinical handbook of insomnia. 2nd ed. Totowa, N.J.: Humana 2010.

9

Morin CM, Espie CA. Insomnia: a clinical guide to assessment and treatment. New York, N.Y.: Kluwer Academic/Plenum Publishers 2003.

10

Perlis ML. Cognitive behavioral treatment of insomnia: a session-by-session guide. New York, N.Y.: Springer 2005.

11

Xie L, Kang H, Xu Q, et al. Sleep Drives Metabolite Clearance from the Adult Brain. *Science*. 2013;342:373–7. doi: 10.1126/science.1241224

12

de Lavilléon G, Lacroix MM, Rondi-Reig L, et al. Explicit memory creation during sleep demonstrates a causal role of place cells in navigation. *Nature Neuroscience*. 2015;18:493–5. doi: 10.1038/nn.3970