

Psychology 4H Single: Sleep And Circadian Timing

[View Online](#)

[1]

EBSCO Publishing (Firm), 'Scientific American', vol. 313, no. 4, Available:
<https://ezproxy.lib.gla.ac.uk/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=buh&bquery=JN+%26quot%3bScientific+American%26quot%3b+AND+DT+20151001&type=1&site=ehost-live>

[2]

Nature Publishing Group, EBSCO Publishing (Firm), and Thomson Gale (Firm), 'Nature', vol. 497, no. 7450_supp ppS1-S44, Available:
<https://ezproxy.lib.gla.ac.uk/login?url=https://www.nature.com/nature/journal/v497/n7450/index.html#out>

[3]

R. L. Sack et al., 'Circadian Rhythm Sleep Disorders: Part I, Basic Principles, Shift Work and Jet Lag Disorders', *Sleep*, vol. 30, no. 11, pp. 1460-1483, Nov. 2007, doi: 10.1093/sleep/30.11.1460. Available:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2082105/>

[4]

R. L. Sack 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*, vol. 30, no. 11, pp. 1484-1501, Nov. 2007, doi: 10.1093/sleep/30.11.1484. Available: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2082099/>

[5]

M. Fallon and Ebooks Corporation Limited, *Sleep medicine (study of sleep diseases and*

disorders). New Delhi: World Technologies, 2012. Available:
<http://www.GLA.ebib.com/patron/FullRecord.aspx?p=847051>

[6]

M. H. Kryger, T. Roth, and W. C. Dement, *Principles and practice of sleep medicine*, 5th ed. Philadelphia, PA: Saunders/Elsevier, 2011. Available:
<https://ezproxy.lib.gla.ac.uk/login?url=https://www.sciencedirect.com/science/book/9781416066453>

[7]

S. V. Kothare and A. Ivanenko, *Parasomnias: clinical characteristics and treatment*. New York, NY: Springer, 2013. Available:
<https://ezproxy.lib.gla.ac.uk/login?url=https://dx.doi.org/10.1007/978-1-4614-7627-6>

[8]

H. P. Attarian and C. Schuman, *Clinical handbook of insomnia*, 2nd ed., vol. Current clinical neurology. Totowa, N.J.: Humana, 2010. Available:
<https://ezproxy.lib.gla.ac.uk/login?url=https://dx.doi.org/10.1007/978-1-60327-042-7>

[9]

C. M. Morin and C. A. Espie, *Insomnia: a clinical guide to assessment and treatment*. New York, N.Y.: Kluwer Academic/Plenum Publishers, 2003. Available:
<https://ezproxy.lib.gla.ac.uk/login?url=https://dx.doi.org/10.1007/b105845>

[10]

M. L. Perlis, *Cognitive behavioral treatment of insomnia: a session-by-session guide*. New York, N.Y.: Springer, 2005. Available:
<https://ezproxy.lib.gla.ac.uk/login?url=https://dx.doi.org/10.1007/0-387-29180-6>

[11]

L. Xie et al., 'Sleep Drives Metabolite Clearance from the Adult Brain', *Science*, vol. 342, no. 6156, pp. 373-377, Oct. 2013, doi: 10.1126/science.1241224

[12]

G. de Lavilléon, M. M. Lacroix, L. Rondi-Reig, and K. Benchenane, 'Explicit memory creation during sleep demonstrates a causal role of place cells in navigation', *Nature Neuroscience*, vol. 18, no. 4, pp. 493–495, Mar. 2015, doi: 10.1038/nn.3970