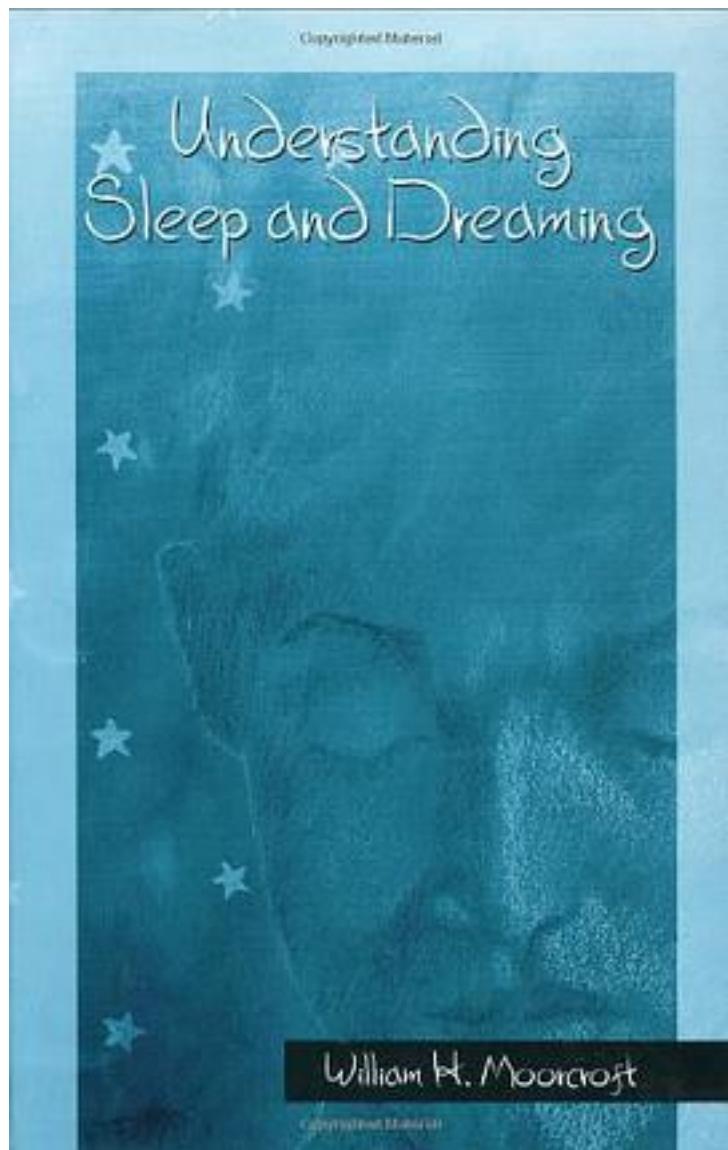


# Understanding Sleep and Dreaming



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Designed primarily as a text this volume is an up-to-date and integrated overview of physiological sleep mechanisms, brain function, psychological ramifications of sleep, dimensions of dreaming, and clinical disorders associated with sleep. It is accessibly written with specially boxed material that enhances the text. Authored by a researcher/clinician/professor with more than 25 years of experience in sleep studies, Understanding Sleep and Dreaming provides a solid basis for those who are not expert in this area. It offers a good foundation for those who will continue sleep studies, while at the same time offering enough information for those who will apply this knowledge in other ways such as clinicians in their individual practices or researchers for whom sleep may be part of a specific study. It is an excellent text for courses on sleep at the undergraduate and graduate levels.

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