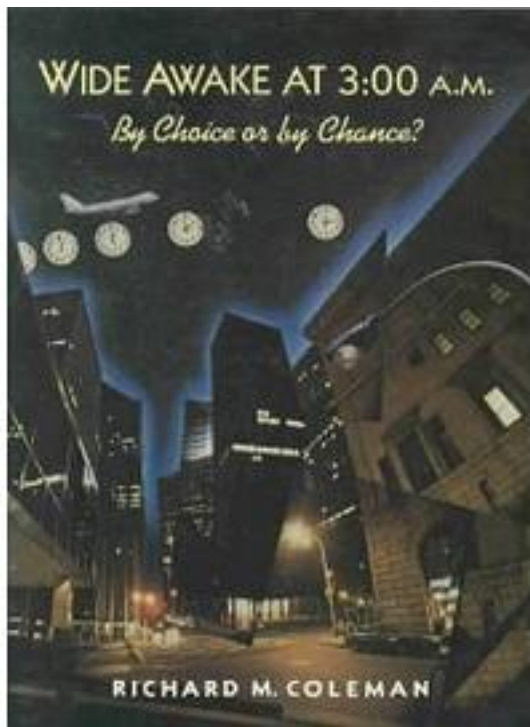


Wide Awake at 3



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Richard Coleman

and made a significant contribution

gained considerable experience

as the director of the Stanford

University Sleep Disorders Clinic at a crucial time in its history,when

it was stimulating an expanding interest in the field and establishing sleep disorders as a nationwide discipline. He also served as chairman of the Multicenter Case Series Committee for the Association of Sleep Disorders Centers and compiled and published data on 8,000 cases diagnosed and treated in eleven clinics across the United States. In this book Dr. Coleman has dealt with areas of human health that are associated with the scheduling of sleep and wakefulness. In an ideal world there would presumably be a normal schedule that we would adhere to: we would sleep when we were sleepy; this would presumably be in the hours of darkness. We would sleep in a safe place, so we would have no anxiety. During the daytime we would be fully alert, without the need for caffeine or other stimulants, and possibly planning a daily nap. Almost no one in the world now actually enjoys these ideal conditions. Increasing numbers must follow abnormal schedules and get too little sleep. Nearly half of US must stay awake at night to watch over the other half as they sleep.

作者介绍:

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