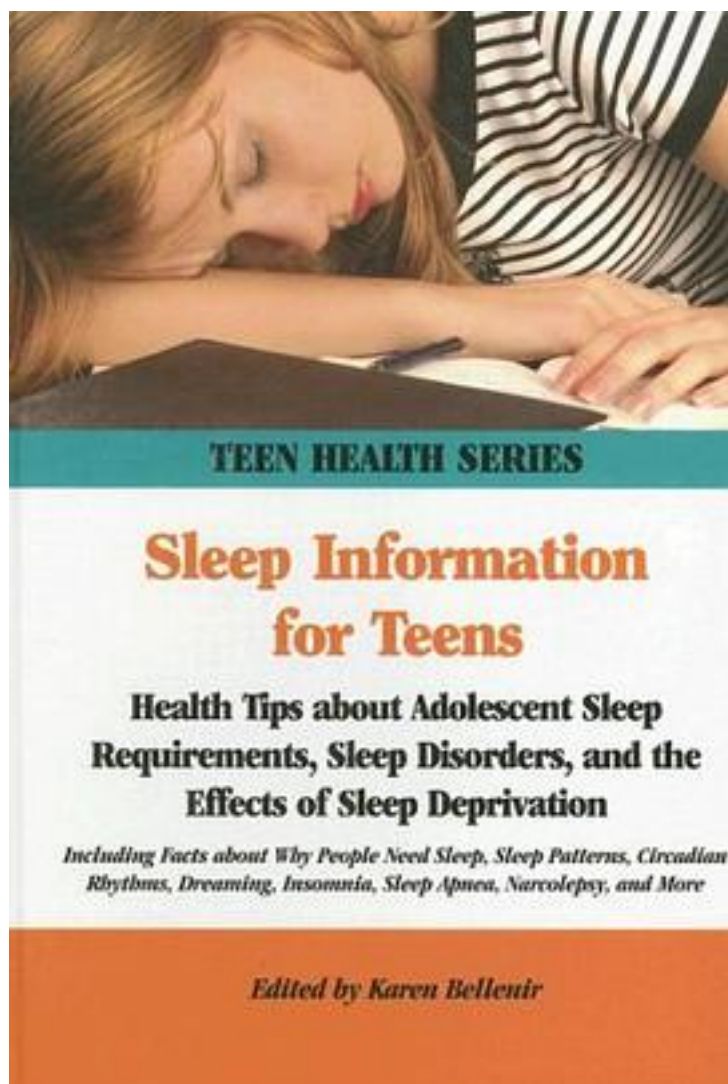


Sleep Information for Teens



[Sleep Information for Teens_ 下载链接1](#)

著者:Bellenir, Karen 编

出版者:

出版时间:2008-1

装帧:

isbn:9780780810099

This reference draws material from publications issued by government agencies, such as the Centers for Disease Control and Prevention and the National Center on Sleep Disorders, as well as organizations including the American Insomnia Association and Oregon State University Student Health Services. Coverage includes the biological processes involved in sleep and discusses related topics such as dreaming and sleep disorders. A section on sleep deprivation explains the physical and mental consequences of inadequate sleep, and a section on current research reports some of the most recent findings. The book concludes with a directory of resources for additional information and a list of suggestions for further reading.

作者介绍:

目录:

[Sleep Information for Teens_ 下载链接1](#)

标签

评论

[Sleep Information for Teens_ 下载链接1](#)

书评

[Sleep Information for Teens_ 下载链接1](#)