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Sleep Disorders Medicine: Basic Science, Technical ...

In this chapter, a brief overview of normal sleep is given for a clearer understanding of subsequent chapters dealing with basic science, technical considerations, and clinical aspects. After a short historical perspective of sleep and sleep medicine, the chapter succinctly summarizes the definition of sleep, sleep architecture, the ontogeny and phylogeny of sleep, sleep habits and need, dreams, circadian sleep-wake rhythm, chronobiology, cytokines, immune system and sleep factors, and ...