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Sleep, Neuronal Plasticity and Brain Function

Sleep And Brain Plasticity

Andrea G. Zabka

Sleep And Brain Plasticity:

Sleep and Brain Plasticity Pierre Maquet, Carlyle Smith, Robert Stickgold, 2003 Sleep has long been a topic of fascination for artists and scientists. Why do we sleep? What function does sleep serve? Why do we dream? What significance can we attach to our dreams? We spend so much of our lives sleeping, yet its precise function is unclear in spite of our increasing understanding of the processes generating and maintaining sleep. We now know that sleep can be accompanied by periods of intense cerebral activity, yet only recently has experimental data started to provide us with some insights into the type of processing taking place in the brain as we sleep. There is now strong evidence that sleep plays a crucial role in learning and in the consolidation of memories. Once the preserve of psychoanalysts, dreaming is now a topic of increasing interest amongst scientists. With research into sleep growing, this volume is both timely and valuable in presenting a unique study of the relationship between sleep, learning and memory. It brings together a team of international scientists researching sleep in both human and animal subjects. Aimed at researchers within the fields of neuroscience, cognitive neuroscience, psychiatry and neurology, this book will be an important first step in developing a full scientific understanding of one of our most intriguing human characteristics.

Sleep, Neuronal Plasticity and Brain Function Peter Meerlo, Ruth M. Benca, Ted Abel, 2015-05-18 This book reviews current knowledge on the importance of sleep for brain function, from molecular mechanisms to behavioral output, with special emphasis on the question of how sleep and sleep loss ultimately affect cognition and mood. It provides an extensive overview of the latest insights in the role of sleep in regulating gene expression, synaptic plasticity and neurogenesis, and how that in turn is linked to learning and memory processes. In addition, readers will learn about the potential clinical implications of insufficient sleep and discover how chronically restricted or disrupted sleep may contribute to age-related cognitive decline and the development of psychiatric disorders such as schizophrenia and depression. The book consists of 19 chapters written by experts in basic sleep research and sleep medicine, which together cover a wide range of topics on the importance of sleep and consequences of sleep disruption. This book will be of interest to students, researchers and clinicians with a general interest in brain function or a specific interest in sleep.

Sleep, Memory and Synaptic Plasticity Sushil K. Jha, Vibha M. Jha, 2019-02-25 Over the years, there has been growing interest among the scientific community in investigating sleep and how it affects the memory and other brain functions. It is now well established that sleep helps in memory consolidation and induction of neural plasticity, and that short-term deprivation of either total sleep or rapid eye movement sleep alone can induce memory deficits very quickly. Quantitative and qualitative changes in sleep architecture after different training tasks further suggest that discrete memory types may require specific sleep stages for optimal memory consolidation, and studies indicate that sleep deprivation alters synaptic plasticity and membrane excitability in the hippocampal neurons and synaptic upscaling in the cortical neurons. Further, sleep alteration during pregnancy may increase the risk of depression and adversely affect maternal-child relationships.

parenting practices family functioning and children's development and general wellbeing This book coherently discusses all these aspects with a particular focus on the possible role of sleep in memory consolidation and synaptic plasticity It also highlights the detrimental effects of sleep loss on mental health the immune system and cognition This book is a valuable reference resource for students and researchers working in the area of sleep memory or neuronal plasticity **Sleep, Memory and Synaptic Plasticity** Sushil K. Jha,Vibha M. Jha,2019

Over the years there has been growing interest among the scientific community in investigating sleep and how it affects the memory and other brain functions It is now well established that sleep helps in memory consolidation and induction of neural plasticity and that short term deprivation of either total sleep or rapid eye movement sleep alone can induce memory deficits very quickly Quantitative and qualitative changes in sleep architecture after different training tasks further suggest that discrete memory types may require specific sleep stages for optimal memory consolidation and studies indicate that sleep deprivation alters synaptic plasticity and membrane excitability in the hippocampal neurons and synaptic up scaling in the cortical neurons Further sleep alteration during pregnancy may increase the risk of depression and adversely affect maternal child relationships parenting practices family functioning and children's development and general wellbeing This book coherently discusses all these aspects with a particular focus on the possible role of sleep in memory consolidation and synaptic plasticity It also highlights the detrimental effects of sleep loss on mental health the immune system and cognition This book is a valuable reference resource for students and researchers working in the area of sleep memory or neuronal plasticity

The Neuroscience of Sleep Robert Stickgold,Matthew P. Walker,2010-05-22 Sleep is the natural state of bodily rest common to all mammals and birds and also seen in many reptiles amphibians and fish For most species regular sleep is essential for survival yet the specific purposes of sleep are still only partly clear and are the subject of intense research This volume is comprised of the editors selection of the most relevant articles on sleep from the Encyclopedia of Neuroscience resulting in the first comprehensive collection of introductory articles on the neuroscience of sleep Articles explore sleep's impact on neural functioning sleep disorders the relation between sleep and other clinical disorders a look at sleep from a developmental perspective and more Chapters offer impressive scope with topics addressing neural functioning disorders development and more carefully selected by one of the most preeminent sleep researchers Richly illustrated in full color with over 100 figures Contributors represent the most outstanding scholarship in the field with each chapter providing fully vetted and reliable expert knowledge

The Oxford Handbook of Infant, Child, and Adolescent Sleep and Behavior Amy R. Wolfson,Hawley E. Montgomery-Downs,2013-09-05 Since the early 20th century parenting books pediatricians and other health care providers have dispensed recommendations regarding children's sleep that frequently involved behavioral and educational approaches In the last few decades however psychologists and other behavioral scientists and clinicians have amassed a critical body of research and clinical recommendations regarding developmental changes in sleep sleep hygiene recommendations from

infancy through adolescence and behaviorally oriented treatment strategies for children and adolescents The Oxford Handbook of Infant Child and Adolescent Sleep and Behavior provides a comprehensive and state of the art review of current research and clinical developments in normal and disordered sleep from infancy through emerging adulthood The handbook comprises seven sections sleep and development factors influencing sleep assessment of sleep and sleep problems sleep challenges problems and disorders consequences of insufficient sleep sleep difficulties associated with developmental and behavioral risks and prevention and intervention Written by international experts in psychology and related disciplines from diverse fields of study and clinical backgrounds this handbook is a comprehensive resource that will meet the needs of clinicians researchers and graduate students with an interest in the multidisciplinary and emerging field of child and adolescent sleep and behavior

Principles and Practice of Sleep Medicine E-Book Meir H. Kryger, Thomas Roth, William C.

Dement, 2015-12-29 For nearly 30 years Dr Meir Kryger's must have guide to sleep medicine has been the gold standard in this fast changing field This essential full color reference includes more than 20 unique sections and over 170 chapters covering every aspect of sleep disorders giving you the authoritative guidance you need to offer your patients the best possible care Evidence based content helps you make the most well informed clinical decisions An ideal resource for preparing for the sleep medicine fellowship examination New content on sleep apnea neurological disorders legal aspects of sleep medicine dental sleep medicine genetics circadian disorders geriatrics women's health cardiovascular diseases and occupational sleep medicine keeps you fully up to date Updates to scientific discoveries and clinical approaches ensure that you remain current with new knowledge that is advancing the diagnosis and management of sleep disorders

Rapid Eye

Movement Sleep Birendra N. Mallick, S. R. Pandi-Perumal, Robert W. McCarley, Adrian R. Morrison, 2011-07-14 Spanning over half a century of investigation into Rapid Eye Movement REM sleep this volume provides comprehensive coverage of a broad range of topics in REM sleep biology World renowned researchers and experts are brought together to discuss past and current research and to set the foundation for future developments Key topics are covered in six sections from fundamental topics historical context and general biology to cutting edge research on neuronal regulation neuroanatomy and neurochemistry functional significance and disturbance in the REM sleep generating mechanism A reference source for all aspects of REM sleep research it also incorporates chapters on neural modelling findings from non human species and interactions between brain regions This is an invaluable resource essential reading for all involved in sleep research and clinical practice

Foundations of Psychiatric Sleep Medicine John W. Winkelman, David T. Plante, 2010-12-23 Sleep related

complaints are extremely common across the spectrum of psychiatric illness Accurate diagnosis and management of sleep disturbances requires an understanding of the neurobiological mechanisms underlying sleep and wakefulness the characteristics of sleep disturbance inherent to psychiatric illness and primary sleep disorders as well as the psychopharmacologic and behavioral treatments available Foundations of Psychiatric Sleep Medicine provides a uniquely

accessible practical and expert summary of current clinical concepts at the sleep psychiatry interface Topics covered include basic principles in sleep science clinical sleep history taking primary sleep disorders in psychiatric contexts and sleep disturbance across a range of mood anxiety psychotic substance use cognitive and developmental disorders Written by outstanding experts in the field of sleep medicine and psychiatry this academically rigorous and clinically useful text is an essential resource for psychiatrists psychologists and other health professionals interested in the relationship between sleep and mental illness

Insights in RNA Networks and Biology André P. Gerber, Gian Gaetano Tartaglia, 2023-04-13 We are now entering the third decade of the 21st Century and recent major achievements by scientists have led to major advancements in the fast growing field of RNA Networks and Biology This Research Topic aims to highlight the latest advancements in RNA research and also reflect on the future of the field what are the next expected breakthroughs and advancements The Research Topic will collect articles from the members of our accomplished Editorial Board and is led by our Chief Editors Andr Gerber and Gian Tartaglia We are excited to receive brief forward looking contributions that describe the state of the art outlining recent developments and major accomplishments that have been achieved and that need to occur to move the field forward Authors are encouraged to identify the greatest challenges in the sub disciplines and how to address those challenges

Cognitive Neuroscience Society ... Annual Meeting Abstract Program Cognitive Neuroscience Society. Meeting, 2008 Brain Plasticity and Sleep in the Course of Development and After Acquired Brain Injury

Anne-Laure Mouthon, 2017 **Learning and Memory: Cognitive psychology of memory** John H. Byrne, 2008 *Annual Review of Psychology* Individuals, Review Annual, 2005-02 Twenty three articles synthesize a year s worth of psychological research and provide portraits of the current state of the field in different topical areas Presented by Fiske Princeton U Schacter Harvard U and Kazdin Yale U the articles cover such research topics as decision making models of brain function in neuroimaging music perc

Encyclopedia of Behavioral Neuroscience: P-V & index George F. Koob, Michel Le Moal, Richard F. Thompson, 2010 The New Science of Dreaming: Biological aspects Deirdre Barrett, Patrick

McNamara, 2007 In this unique set of books experts in the field from around the globe gather to show the newest and most exciting research and findings related to the biology and psychology of dreaming Other research featured here describes the biology or psychology of realistic and bizarre dreams of symbolic images in dreams and of how differences in gender and personality affect dreams and dreaming The newest and most extensive source of information on dreaming in existence this set gives readers insights into how this new science could lead to innovations in the medical social technical and biotech fields PUBLISHER S WEBSITE

International journal of sport psychology , 2004 **Understanding the Brain: The Birth of a Learning Science** OECD, 2007-06-25 This book provides new insights about learning by synthesising existing and emerging findings from cognitive and brain science *Brain Mechanisms of Perceptual Awareness and Purposeful Behavior* O. Pompeiano, Cosimo Ajmone Marsan, 1981 **Age and Gender Effects on Neural Plasticity in Respiratory Control**

Andrea G. Zabka,2004

Sleep And Brain Plasticity Book Review: Unveiling the Power of Words

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