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Sleep & Safety

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About the eBook

This e-book covers the physiology of sleep, the pathophysiology of sleep deprivation, the relationship to daytime alertness and fatigue, the relevance of sleep-related fatigue in various industry and occupational settings and its importance as a public safety issue.

Contents

- ▶ Sleep and Circadian Rhythm Physiology
- ▶ Sleep Deprivation: Pathophysiology
- ▶ Sleep Deprivation: Cardiovascular and Metabolic Effects
- ▶ Health Consequences of Sleep Deprivation: Neurocognitive and Psychiatric Disorders
- ▶ Sleep and the Immune System: Implications for Health and Mortality
- ▶ Obstructive Sleep Apnea and Safety
- ▶ Shift Workers and Sleep
- ▶ Sleep Deprivation Among Health Care Workers

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