Contents

Part I Introduction

1 Sleep Deprivation: Practical and Philosophical Considerations ............................................... 3
  Matt T. Bianchi

Part II Sleep Physiology, Measurement, and Experimental Deprivation

2 The Functional Impact of Sleep Deprivation, Sleep Restriction, and Sleep Fragmentation .................. 13
  Michelle A. Short and Siobhan Banks

3 Methods for Human Sleep Deprivation Experiments .............. 27
  Elizabeth B. Klerman and Matt T. Bianchi

4 Imaging Sleep and Sleep Deprivation ......................................... 33
  Thien Thanh Dang-Vu

Part III Sleep and the Brain

5 Sleep Deprivation and Neurological Diseases .............................. 47
  Matt T. Bianchi

6 Sleep Deprivation and Psychiatric Disorders ............................. 65
  Matt T. Bianchi and Maren Nyer

7 Sleep Deprivation as a Therapy in Psychiatry ......................... 77
  Sara Dallaspezia and Francesco Benedetti

Part IV Sleep and Medical Topics

8 Sleep Deprivation and Human Development .......................... 91
  Nishi Bhopal and Umakanth Khatwa

9 Sleep Deprivation and Pregnancy ........................................... 101
  Mihaela H. Bazalakova, Matt T. Bianchi, and Aleksandar K. Stanic
10 Sleep Deprivation and Metabolism ............................................... 111
Erin C. Hanlon and Kristen L. Knutson

11 Sleep Deprivation and the Cardiovascular System ..................... 131
Ivan Cundrle Jr., Andrew D. Calvin, and Virend K. Somers

12 Sleep Deprivation and Rheumatologic Disease ...................... 149
Vivien C. Abad and Christian Guilleminault

13 Sleep Deprivation and Pain ..................................................... 171
Akiko Okifuji and Bradford D. Hare

14 Sleep Loss in Older Adults: Effects on Waking Performance and Sleep-Dependent Memory Consolidation with Healthy Aging and Insomnia .................. 185
Edward F. Pace-Schott and Rebecca M.C. Spencer

Part V Performance, Economics, and Operational Topics

15 Noise-Induced Sleep Deprivation: Toward Sleeping Soundly on Noisy Nights ............................................. 201
Jeffrey M. Ellenbogen

16 Sleep Deprivation and Cognitive Performance ........................ 209
William D.S. Killgore and Mareen Weber

17 Caffeine and Naps as Countermeasures for Sleep Loss ............ 231
Yvonne Alameddine, Elizabeth B. Klerman, and Matt T. Bianchi

18 Fatigue in the Workplace ............................................................. 243
Gregory Belenky, Amanda Lamp, Anna Hemp, and Jennifer L. Zaslona

19 Sleep Deprivation and Economic Burden ................................. 269
Tracy L. Skaer

Index .............................................................................................. 281