Tilbakemelding til emneansvarlig/ kontaktperson om status for tilgang for ulike titler på litteraturlisten sendt inn i Skjemaker:

Hver tittel på litteraturlisten er markert med én av følgende fargekoder:

0 - Ressursen finnes åpent på nettet, eventuelt også gjennom Oria (bibliotekets søkesystem)
1 - UiB betaler allerede for ressursen, - finnes gjennom søk i Oria
2 - Boken må kjøpes, eventuelt lånes/brukes på biblioteket
3 - Artikkelen/bokutdraget vil bli å få kjøpt i Litteraturkiosken.no

ANBEFALT LITTERATUR PSYK115
Døgnrytmer, søvn og helse
Vår 2018

Bok

Steven W. Lockley and Russell G. Foster. Sleep: A Very Short Introduction.
Oxford University Press.
ISBN: 978-0-199-58785-8

Russell Foster and Leon Kreitzman. Circadian Rhythms: A Very Short Introduction.
Oxford University Press.
ISBN: 978-0-198-71768-3

Sue Wilson and David Nutt. Sleep Disorders.
Oxford University Press.
ISBN: 978-0-199-67455-8

Bokkapitler:

Meir H. Kryger, Thomas Roth, William C. Dement: Principles and Practice of SLEEP MEDICINE (Sixth Edition)
Elsevier
ISBN: 980-0-323-24288-2. Inkling ISBN: 978-0-323-37751-5

Kapittel 2 'Normal Human Sleep: An overview' (s. 15-24)
Kapittel 3 'Normal aging' (s. 25-38)
Kapittel 5 'Sleep Deprivation' (s. 49-55)
Kapittel 32 'Introduction: Master Circadian Clock and Master Circadian Rhythm' (s. 340-342)
Kapittel 34 'Physiology of the Mammalian Circadian System' (s. 351-361)
Kapittel 60 'Use of Clinical Tools and Tests in Sleep Medicine' (s. 607-617)
Kapittel 61 'Classification of Sleep Disorders' (s. 618-626)
Kapittel 71 'Performance Deficits During Sleep Loss and Their Operational Consequences' (s. 682-688)
Kapittel 75 'Shift work, Shift-Work Disorder, and Jet Lag' (s. 714-725)
Kapittel 160 'Polysomnography and Beyond' (s. 1564-1566)

Comment [JG1]: tilgjengelig for UiB her : http://www.sciencedirect.com/science/book/9780323242882#ancs1

Kapittel 171 'Actigraphy' (s. 1671-1678)

Artikler

Døgnrytmer

Rosenwasser AM, Turek FW. Neurobiology of Circadian Rhythm Regulation. Sleep Med Clin. 2015 Dec;10(4):403-12. doi: 10.1016/j.jsmc.2015.08.003.

Merrow M, Spoelstra K, Roenneberg T. The circadian cycle: daily rhythms from behaviour to genes. EMBO Rep. 2005 Oct;6(10):930-5.DOI 10.1038/sj.embor.7400541

Søvn på tvers av arter

Grønli J, Ursin R. Basale søvnmekanismer. Tidsskr Nor Laegeforen. 2009 Sep 10;129(17):1758-61. doi: 10.4045/tidsskr.08.0465.

Siegel, JM. Sleep viewed as a state of adaptive inactivity. Nature Reviews Neuroscience, 2009, Vol.10(10), pp.747-753. doi: 10.1038/nrn2697.

Tobler I. Is sleep fundamentally different between mammalian species? Behav Brain Res. 1995 Jul-Aug;69(1-2):35-41. https://doi.org/10.1016/0166-4328(95)00025-O

Søvn ved graviditet

Nodine PM, Matthews EE. Common sleep disorders: management strategies and pregnancy outcomes. Midwifery Womens Health. 2013 Jul-Aug;58(4):368-77. doi: 10.1111/jmwh.12004.

Døgnrytmeforstyrrelser

Pallesen S, Bjorvatn B. Døgnrytmeforstyrrelser. Tidsskr Nor Laegeforen. 2009 Sep 24;129(18):1884-7. doi: 10.4045/tidsskr.08.0226.

Smerte,sentralstimulerende og søvn

Patrick H. Finan, Burel R. Goodin and Michael T. Smith. The association of sleep and pain: An update and a path forward. J Pain. 2013 Dec; 14(12): 1539–1552. doi: 10.1016/j.jpain.2013.08.007

Angarita GA, Emadi N, Hodges S, Morgan PT. Sleep abnormalities associated with alcohol, cannabis, cocaine, and opiate use: a comprehensive review. Addict Sci Clin Pract. 2016 Apr 26;11(1):9. doi: 10.1186/s13722-016-0056-7.

Søvn og helse

Lowden A, Moreno C, Holmbäck U, Lennernäs M, Tucker P. Eating and shift work - effects on habits, metabolism and performance. Scand J Work Environ Health. 2010 Mar;36(2):150-62. doi:10.5271/sjweh.2898

Kecklund G, Axelsson J. Health consequences of shift work and insufficient sleep. BMJ. 2016 Nov 1;355:i5210. doi: 10.1136/bmj.i5210.

Kronobiologisk behandling av psykiske lidelser

Jones SG, Benca RM. Circadian Disruption in Psychiatric Disorders. Sleep Med Clin. 2015 Dec;10(4):481-93. doi: 10.1016/j.jsmc.2015.07.004.

Dallaspezia S, Suzuki M, Benedetti F. Chronobiological Therapy for Mood Disorders. Curr Psychiatry Rep. 2015 Dec;17(12):95. doi: 10.1007/s11920-015-0633-6.

Henriksen TE, Skrede S, Fasmer OB, Schoeyen H, Leskauskaite I, Bjørke-Bertheussen J, Assmus J, Hamre B, Grønli J, Lund A. Blue-blocking glasses as additive treatment for mania: a randomized placebo-controlled trial. Bipolar Disord. 2016 May;18(3):221-32. doi: 10.1111/bdi.12390.