Contents

Foreword vii
Preface xi
1 An overview of sleep 1
2 How sleep is measured 18
3 Snoring and disturbed breathing 28
4 Body jerks and restless limbs 45
5 Insomnia 59
6 Sleepiness, tiredness and fatigue 85
7 Children and sleep 108
8 Medications and sleep 129
9 Sleep disorders and driving 142
10 Dreams and dreaming 149
Appendix 1: Sleep-related internet sites 175
Appendix 2: International sleep organisations 177
Appendix 3: Sleep centres and support groups in Australasia 179
Appendix 4: The function of sleep 183
Further reading 186
Glossary 193