

The Lifespan Of A Fact

Named One of the 100 Best Nonfiction Books Written by the New York Times Magazine, a Publishers Weekly Best Book of the Year, and a New York Times Editors' Choice. When John D'Agata helps his mother move to Las Vegas one summer, he begins to follow a story about the federal government's plan to store nuclear waste at Yucca Mountain; the result is a startling portrait that compels a reexamination of the future of human life.

Young adulthood - ages approximately 18 to 26 - is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and military services and, since many are parents, to the healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy, programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults. Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative effects of these features make focus on young adults especially important. A systematic approach to understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. Investing in The Health and Well-Being of Young Adults describes what is meant by the term young adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. Investing in The Health and Well-Being of Young Adults makes the case that increased efforts to improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will help this age group achieve greater opportunity and success. The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral health, including preventions. What happens during the young adult years has profound implications for the rest of the life course, and the stability and progress of society at large depends on how any cohort of young adults fares as a whole. Investing in The Health and Well-Being of Young Adults will provide a roadmap to improving outcomes for this age group as they transition from adolescence to adulthood.

"John D'Agata is an alchemist who changes trash into purest gold." —Guy Davenport, Harper's John D'Agata journeys the endless corridors of America's myriad halls of fame and faithfully reports on what he finds there. In a voice all his own, he brilliantly maps his terrain in lists, collage, and ludic narratives. With topics ranging from Martha Graham to the Flat Earth Society, from the brightest light in Vegas to the artist Henry Darger, who died in obscurity, Halls of Fame hovers on the brink between prose and poetry, deep seriousness and high comedy, the subject and the self.

En ni-årig pige fortæller om livet i en lille sydstatsby og om sin fars indsats som

sagfører for en uskyldigt anklaget neger

All the facts and information you want to know about Lionhead Rabbits and more. Guaranteed to answer all your questions, this book is a must have for anybody passionate about Lionhead Rabbits. In a straightforward, no nonsense fashion, Ann L. Fletcher covers all aspects of caring for Lionhead bunnies - including handling, health, housing, breeding, lifespan, personality, temperament, diet, suitability as pets, the equipment you need and responsibilities as an owner. The book is written in an easy to read and understandable style, based on years of experience of keeping rabbits including Lionhead Rabbits. The book is full of sound advice and answers to your questions - including some you didn't know you had!

“Offers a useful reminder of the role of modern science in fundamentally transforming all of our lives.” —President Barack Obama (on Twitter) “An important book.” —Steven Pinker, The New York Times Book Review Now also a PBS documentary series: the surprising story of how humans gained what amounts to an extra life, from the bestselling author of *How We Got to Now* and *Where Good Ideas Come From* As a species we have doubled our life expectancy in just one hundred years. All the advances of modern life—the medical breakthroughs, the public health institutions, the rising standards of living—have given us each about twenty thousand extra days on average. There are few measures of human progress more astonishing than our increased longevity. This book is Steven Johnson’s attempt to understand where that progress came from. How many of those extra twenty thousand days came from vaccines, or the decrease in famines, or seatbelts? What are the forces that now keep us alive longer? Behind each breakthrough lies an inspiring story of cooperative innovation, of brilliant thinkers bolstered by strong systems of public support and collaborative networks. But it is not enough simply to remind ourselves that progress is possible. How do we avoid decreases in life expectancy as our public health systems face unprecedented challenges? What current technologies or interventions that could reduce the impact of future crises are we somehow ignoring? A study in how meaningful change happens in society, *Extra Life* is an ode to the enduring power of common goals and public resources. The most fundamental progress we have experienced over the past few centuries has not come from big corporations or start-ups. It has come, instead, from activists struggling for reform; from university-based and publicly funded scientists sharing their findings open-source-style; and from nonprofit agencies spreading new innovations around the world.

"This is science writing as wonder and as inspiration." —The Wall Street Journal Wall Street Journal From one of the most influential scientists of our time, a dazzling exploration of the hidden laws that govern the life cycle of everything from plants and animals to the cities we live in. Visionary physicist Geoffrey West is a pioneer in the field of complexity science, the science of emergent systems and networks. The term “complexity” can be misleading, however, because what makes West’s discoveries so beautiful is that he has found an underlying simplicity that unites the seemingly complex and diverse phenomena of living systems, including our bodies, our cities and our businesses. Fascinated by aging and mortality, West applied the rigor of a physicist to the biological question of why we live as long as we do and no longer. The result was astonishing, and changed science: West found that despite the riotous diversity in mammals, they are all, to a large degree, scaled versions of each other. If you know the

size of a mammal, you can use scaling laws to learn everything from how much food it eats per day, what its heart-rate is, how long it will take to mature, its lifespan, and so on. Furthermore, the efficiency of the mammal's circulatory systems scales up precisely based on weight: if you compare a mouse, a human and an elephant on a logarithmic graph, you find with every doubling of average weight, a species gets 25% more efficient—and lives 25% longer. Fundamentally, he has proven, the issue has to do with the fractal geometry of the networks that supply energy and remove waste from the organism's body. West's work has been game-changing for biologists, but then he made the even bolder move of exploring his work's applicability. Cities, too, are constellations of networks and laws of scalability relate with eerie precision to them. Recently, West has applied his revolutionary work to the business world. This investigation has led to powerful insights into why some companies thrive while others fail. The implications of these discoveries are far-reaching, and are just beginning to be explored. Scale is a thrilling scientific adventure story about the elemental natural laws that bind us together in simple but profound ways. Through the brilliant mind of Geoffrey West, we can envision how cities, companies and biological life alike are dancing to the same simple, powerful tune.

INSTANT NEW YORK TIMES BESTSELLER "One of the most important books I've ever read—an indispensable guide to thinking clearly about the world." – Bill Gates
"Hans Rosling tells the story of 'the secret silent miracle of human progress' as only he can. But Factfulness does much more than that. It also explains why progress is so often secret and silent and teaches readers how to see it clearly." —Melinda Gates
"Factfulness by Hans Rosling, an outstanding international public health expert, is a hopeful book about the potential for human progress when we work off facts rather than our inherent biases." - Former U.S. President Barack Obama
Factfulness: The stress-reducing habit of only carrying opinions for which you have strong supporting facts. When asked simple questions about global trends—what percentage of the world's population live in poverty; why the world's population is increasing; how many girls finish school—we systematically get the answers wrong. So wrong that a chimpanzee choosing answers at random will consistently outguess teachers, journalists, Nobel laureates, and investment bankers. In Factfulness, Professor of International Health and global TED phenomenon Hans Rosling, together with his two long-time collaborators, Anna and Ola, offers a radical new explanation of why this happens. They reveal the ten instincts that distort our perspective—from our tendency to divide the world into two camps (usually some version of us and them) to the way we consume media (where fear rules) to how we perceive progress (believing that most things are getting worse). Our problem is that we don't know what we don't know, and even our guesses are informed by unconscious and predictable biases. It turns out that the world, for all its imperfections, is in a much better state than we might think. That doesn't mean there aren't real concerns. But when we worry about everything all the time instead of embracing a worldview based on facts, we can lose our ability to focus on the things that threaten us most. Inspiring and revelatory, filled with lively anecdotes and moving stories, Factfulness is an urgent and essential book that will change the way you see the world and empower you to respond to the crises and opportunities of the future. --- "This book is my last battle in my life-long mission to fight devastating ignorance...Previously I armed myself with huge data sets, eye-opening software, an

energetic learning style and a Swedish bayonet for sword-swallowing. It wasn't enough. But I hope this book will be." Hans Rosling, February 2017.

Discourses on Livy is the founding document of modern republicanism, and Harvey C. Mansfield and Nathan Tarcov have provided the definitive English translation of this classic work. Faithful to the original Italian text, properly attentive to Machiavelli's idiom and subtlety of thought, it is eminently readable. With a substantial introduction, extensive explanatory notes, a glossary of key words, and an annotated index, the Discourses reveals Machiavelli's radical vision of a new science of politics, a vision of "new modes and orders" that continue to shape the modern ethos. "[Machiavelli] found in Livy the means to inspire scholars for five centuries. Within the Discourses, often hidden and sometimes unintended by their author, lie the seeds of modern political thought. . . . [Mansfield and Tarcov's] translation is careful and idiomatic."—Peter Stothard, *The Times* "Translated with painstaking accuracy—but also great readability."—*Weekly Standard* "A model of contemporary scholarship and a brave effort at Machiavelli translation that allows the great Florentine to speak in his own voice."—*Choice*

"A fascinating look at how scientists are working to help doctors treat not just one disease at a time, but the aging process itself." —Dr. Sanjay Gupta A startling chronicle by a brilliant young scientist takes us onto the frontiers of the science of aging, and reveals how close we are to an astonishing extension of our life spans and a vastly improved quality of life in our later years. Aging--not cancer, not heart disease--is the true underlying cause of most human death and suffering. We accept as inevitable that as we advance in years our bodies and minds begin to deteriorate and that we are ever more likely to be felled by dementia or disease. But we never really ask--is aging necessary? Biologists, on the other hand, have been investigating that question for years. After all, there are tortoises and salamanders whose risk of dying is the same no matter how old they are. With the help of science, could humans find a way to become old without getting frail, a phenomenon known as "biological immortality"? In *Ageless*, Andrew Steele, a computational biologist and science writer, takes us on a journey through the laboratories where scientists are studying every bodily system that declines with age--DNA, mitochondria, stem cells, our immune systems--and developing therapies to reverse the trend. With bell-clear writing and intellectual passion, Steele shines a spotlight on a little-known revolution already underway.

Translated for the first time into English here, the Latin was translated in the 12th century and into Hebrew in 1279. Henceforth the Canon served as the chief guide to medical science in the West and is said to have influenced Leonardo da Vinci. Its encyclopedic content, its systematic arrangement and philosophical plan soon worked its way into a position of pre-eminence in the medical literature of Europe, displacing the works of Galen and becoming the textbook for medical education in the schools of Europe. The text was read in the medical schools at Montpellier and Leuven as late as 1650. Experimental medicine the Canon of Medicine was the first book dealing with evidence-based medicine, experimental medicine, clinical trials, randomized controlled trials, efficacy tests, risk factor analysis, and the In phytotherapy, the Canon introduced the medicinal use of *Taxus baccata* L. He used it as a cardiac remedy. This was the first known use of a calcium channel blocker drug.

For two decades, essayist John D'Agata has been exploring the contours of the essay

through a series of innovative, informative, and expansive anthologies that have become foundational texts in the study of the genre. The breakthrough first volume, *The Next American Essay*, highlighted major work from 1974 to 2003, while the second, *The Lost Origins of the Essay*, showcased the essay's ancient and international forebears. Now, with *The Making of the American Essay*, D'Agata concludes his monumental tour of this inexhaustible form, with selections ranging from Anne Bradstreet's secular prayers to Washington Irving's satires, Emily Dickinson's love letters to Kenneth Goldsmith's catalogues, Gertrude Stein's portraits to James Baldwin's and Norman Mailer's meditations on boxing. Across the anthologies, D'Agata's introductions to each selection—intimate and brilliantly provocative throughout—serve as an extended treatise, collectively forming the backbone of the trilogy. He uncovers new stories in the American essay's past, and shows us that some of the most fiercely daring writers in the American literary canon have turned to the essay in order to produce our culture's most exhilarating art. *The Making of the American Essay* offers the essay at its most varied, unique, and imaginative best, proving that the impulse to make essays in America is as old and as original as the nation itself.

New insights from the science of science Facts change all the time. Smoking has gone from doctor recommended to deadly. We used to think the Earth was the center of the universe and that the brontosaurus was a real dinosaur. In short, what we know about the world is constantly changing. Samuel Arbesman shows us how knowledge in most fields evolves systematically and predictably, and how this evolution unfolds in a fascinating way that can have a powerful impact on our lives. He takes us through a wide variety of fields, including those that change quickly, over the course of a few years, or over the span of centuries.

In *The Next American Essay*, John D'Agata takes a literary tour of lyric essays written by the masters of the craft. Beginning with 1975 and John McPhee's ingenious piece, "The Search for Marvin Gardens," D'Agata selects an example of creative nonfiction for each subsequent year. These essays are unrestrained, elusive, explosive, mysterious—a personal lingual playground. They encompass and illuminate culture, myth, history, romance, and sex. Each essay is a world of its own, a world so distinctive it resists definition. Contributors include: Sherman Alexie David Antin Jenny Boully Anne Carson Guy Davenport Lydia Davis Joan Didion Annie Dillard Thalia Field Albert Goldbarth Susan Griffin Theresa Hak Kung Cha Jamaica Kincaid Wayne Koestenbaum Barry Lopez John McPhee Carole Maso Harry Mathews Susan Mitchell Fabio Morabito Mary Ruefle David Shields Dennis Silk Susan Sontag Alexander Theroux George W. S. Trow David Foster Wallace Eliot Weinberger Joe Wenderoth James Wright

Inspired by Henri Becque's *La Parisienne*. Set in Washington, D.C., where powerful friends are the only kind worth having, *THE PARISIAN WOMAN* follows Chloe, a socialite armed with charm and wit, coming to terms with politics, her past, her marriage, and an uncertain future. Dark humor and drama collide at this pivotal moment in Chloe's life, and in our nation's, when the truth isn't obvious and the stakes couldn't be higher.

How we raise young children is one of today's most highly personalized and sharply politicized issues, in part because each of us can claim some level of "expertise." The debate has intensified as discoveries about our development—in the womb and in the first months and years—have reached the popular media. How can we use our burgeoning knowledge to assure the well-being of all young children, for their own sake as well as for the sake of our nation? Drawing from new findings, this book presents important conclusions about nature-versus-

nurture, the impact of being born into a working family, the effect of politics on programs for children, the costs and benefits of intervention, and other issues. The committee issues a series of challenges to decision makers regarding the quality of child care, issues of racial and ethnic diversity, the integration of children's cognitive and emotional development, and more. Authoritative yet accessible, *From Neurons to Neighborhoods* presents the evidence about "brain wiring" and how kids learn to speak, think, and regulate their behavior. It examines the effect of the climate-family, child care, community-within which the child grows.

A NEW YORK TIMES BESTSELLER "Brilliant and enthralling." —The Wall Street Journal A paradigm-shifting book from an acclaimed Harvard Medical School scientist and one of Time's most influential people. It's a seemingly undeniable truth that aging is inevitable. But what if everything we've been taught to believe about aging is wrong? What if we could choose our lifespan? In this groundbreaking book, Dr. David Sinclair, leading world authority on genetics and longevity, reveals a bold new theory for why we age. As he writes: "Aging is a disease, and that disease is treatable." This eye-opening and provocative work takes us to the frontlines of research that is pushing the boundaries on our perceived scientific limitations, revealing incredible breakthroughs—many from Dr. David Sinclair's own lab at Harvard—that demonstrate how we can slow down, or even reverse, aging. The key is activating newly discovered vitality genes, the descendants of an ancient genetic survival circuit that is both the cause of aging and the key to reversing it. Recent experiments in genetic reprogramming suggest that in the near future we may not just be able to feel younger, but actually become younger. Through a page-turning narrative, Dr. Sinclair invites you into the process of scientific discovery and reveals the emerging technologies and simple lifestyle changes—such as intermittent fasting, cold exposure, exercising with the right intensity, and eating less meat—that have been shown to help us live younger and healthier for longer. At once a roadmap for taking charge of our own health destiny and a bold new vision for the future of humankind, *Lifespan* will forever change the way we think about why we age and what we can do about it. Health and welfare issues of brachycephalic (flat-faced) animals are one of the most pressing problems facing companion animals right now. Dogs, in particular, are suffering from a 'brachycephalic crisis' resulting from a perfect storm where predispositions to an array of health issues are amplified by a population boom for certain brachycephalic breeds such as the French Bulldog and Pug. But yet, for many owners, these dogs represent the perfect companion: endearing personas and cute looks in a socially desirable package. So where is the truth in all of this? This book will equip veterinary professionals, animal welfare scientists, breeders and owners with the fuller story about brachycephalic health and welfare. The first half of the book provides the context of how and why we are in this crisis, offering in-depth historical, social, ethical, communication, nursing, welfare, epidemiological, genetics and international perspectives. The second half shifts towards the clinical arena, with chapters that cover the background, diagnosis, treatment and prevention of the many unique healthcare needs of brachycephalic animals. Cutting-edge knowledge is shared on a range of disciplines including respiratory disease, ophthalmology, dermatology, dentistry, neurology, obesity, reproduction and anesthesia. With twenty chapters written by world-leading experts, lifetimes of experience and knowledge are condensed into the first book dedicated exclusively to brachycephaly in companion animals. This essential reference resource will inform, challenge and stimulate; it will open your mind to new opportunities for you to improve the welfare of brachycephalic animals by your personal and collective choices and actions. But prepare to be surprised: you may just find that your views on brachycephaly in companion animals will be changed forever.

A Top 25 CHOICE 2016 Title, and recipient of the CHOICE Outstanding Academic Title (OAT) Award. How much energy is released in ATP hydrolysis? How many mRNAs are in a cell? How genetically similar are two random people? What is faster, transcription or translation? Cell

Biology by the Numbers explores these questions and dozens of others provide Does a longer life mean a healthier life? The number of adults over 65 in the United States is growing, but many may not be aware that they are at greater risk from foodborne diseases and their nutritional needs change as they age. The IOM's Food Forum held a workshop October 29-30, 2009, to discuss food safety and nutrition concerns for older adults.

Depicts the arguments, negotiations and revisions that took place in extensive correspondence between an essayist and his fact-checker as they tried to determine the boundaries of literary nonfiction and offers a discussion on the correlation between "truth" and "accuracy." Original. 15,000 first printing.

NOW A BROADWAY PLAY STARRING DANIEL RADCLIFFE 'Provocative, maddening and compulsively readable' Maggie Nelson In 2003, American essayist John D'Agata wrote a piece for Harper's about Las Vegas's alarmingly high suicide rate, after a sixteen-year-old boy had thrown himself from the top of the Stratosphere Tower. The article he delivered, 'What Happens There', was rejected by the magazine for inaccuracies. But it was soon picked up by another, who assigned it a fact checker: their fresh-faced intern, and recent Harvard graduate, Jim Fingal. What resulted from that assignment, and beyond the essay's eventual publication in the magazine, was seven years of arguments, negotiations, and revisions as D'Agata and Fingal struggled to navigate the boundaries of literary nonfiction. This book includes an early draft of D'Agata's essay, along with D'Agata and Fingal's extensive discussion around the text. The Lifespan of a Fact is a brilliant and eye-opening meditation on the relationship between 'truth' and 'accuracy', and a penetrating conversation about whether it is appropriate for a writer to substitute one for the other. 'A fascinating and dramatic power struggle over the intriguing question of what nonfiction should, or can, be' Lydia Davis

This accessible book has established itself as the go-to resource on confirmatory factor analysis (CFA) for its emphasis on practical and conceptual aspects rather than mathematics or formulas. Detailed, worked-through examples drawn from psychology, management, and sociology studies illustrate the procedures, pitfalls, and extensions of CFA methodology. The text shows how to formulate, program, and interpret CFA models using popular latent variable software packages (LISREL, Mplus, EQS, SAS/CALIS); understand the similarities ...

All the facts and information you want to know on how to care for Blue and Gold Macaws and more. A superb resource to answer all your questions, this book is a must have for anybody passionate about Blue and Yellow Macaws. In a straightforward, no nonsense fashion, Rose Sullivan covers all aspects of caring for these wonderful parrots - including training, health, price, habitat, breeding, lifespan, adoption, behavior, cages, size, talking, diet, suitability as pets, the equipment you need and responsibilities as an owner. The book is written in an easy to read and understandable style with wonderful color photos and is full of sound advice and answers to your questions - including some you didn't know you had!

The United States is among the wealthiest nations in the world, but it is far from the healthiest. Although life expectancy and survival rates in the United States have improved dramatically over the past century, Americans live shorter lives and experience more injuries and illnesses than people in other high-income countries. The U.S. health disadvantage cannot be attributed solely to the adverse health status of racial or ethnic minorities or poor people: even highly advantaged Americans are in worse health than their counterparts in other, "peer" countries. In light of the new and growing evidence about the U.S. health disadvantage, the National Institutes of Health asked the National Research Council (NRC) and the Institute of Medicine (IOM) to convene a panel of experts to study the issue. The Panel on Understanding Cross-National Health Differences Among High-Income Countries examined whether the U.S. health disadvantage exists across the life span, considered potential explanations, and assessed the larger implications of the findings. U.S. Health in International Perspective presents detailed evidence on the issue, explores the possible explanations for the shorter and less healthy lives

of Americans than those of people in comparable countries, and recommends actions by both government and nongovernment agencies and organizations to address the U.S. health disadvantage.

In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

The Lifespan of a Fact Now a Broadway Play Hachette UK

Based on the book by John D'Agata and Jim Fingal. Jim Fingal is a fresh-out-of-Harvard fact checker for a prominent but sinking New York magazine. John D'Agata is a talented writer with a transcendent essay about the suicide of a teenage boy—an essay that could save the magazine from collapse. When Jim is assigned to fact check D'Agata's essay, the two come head to head in a comedic yet gripping battle over facts versus truth.

From asteroids to zodiac constellations--500 amazing space facts for kids ages 8 to 12 Do you know a kid who wants to know all about space? This intergalactic entry into space books for kids is bursting with 500 out-of-this-world facts for hours of space exploration from the comfort of Earth. Alongside full-color pictures on every page, kids can adventure through stars, planets, and space technology with this book of astronomy for kids. Go beyond other space books for kids with trivia such as: Mars is often referred to as the red planet because its surface is red due to iron oxide, or rust. The average lifespan of a star is 10 billion years. All the other planets in our solar system could fit between Earth and its moon. Kids will light up as they discover ice giants and famous astronomers with this standout among space books for kids.

One hotel suite, four tenors, two wives, three girlfriends, and a soccer stadium filled with screaming fans. What could possibly go wrong? It's 1930s Paris and the stage is set for the concert of the century--as long as producer Henry Saunders can keep Italian superstar Tito Merelli and his hot-blooded wife Maira from causing runaway chaos. Prepare for an uproarious ride, full of mistaken identities, bedroom hijinks, and madcap delight. --

metallicas are found in the Andhra Pradesh woodland, in focal southern India. In spite of the fact that the primary finding was in a railroad yard in Gooty, it is accepted that it had wound up there by complete mishap. Their normal territory is under 100 square kilometers, and because of the notoriety of the species, and the fast decrease in its regular environment, the metallica is at present on the basically imperiled list without any fares permitted.

Clinical practice related to sleep problems and sleep disorders has been expanding rapidly in the last few years, but scientific research is not keeping pace. Sleep apnea,

insomnia, and restless legs syndrome are three examples of very common disorders for which we have little biological information. This new book cuts across a variety of medical disciplines such as neurology, pulmonology, pediatrics, internal medicine, psychiatry, psychology, otolaryngology, and nursing, as well as other medical practices with an interest in the management of sleep pathology. This area of research is not limited to very young and old patients—sleep disorders reach across all ages and ethnicities. Sleep Disorders and Sleep Deprivation presents a structured analysis that explores the following: Improving awareness among the general public and health care professionals. Increasing investment in interdisciplinary somnology and sleep medicine research training and mentoring activities. Validating and developing new and existing technologies for diagnosis and treatment. This book will be of interest to those looking to learn more about the enormous public health burden of sleep disorders and sleep deprivation and the strikingly limited capacity of the health care enterprise to identify and treat the majority of individuals suffering from sleep problems.

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