



Modulation of Sleep by Obesity, Diabetes, Age, and Diet

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Sleep disorder is a rampant problem in the US, with over 40 million Americans currently diagnosed according to the NIH. There is a clear association between sleep disorder and a wide range of other human disorders –performance deficiencies, psychiatric illnesses, heart disease, obesity and more – but in spite of this there is not yet a convenient overview on the market detailing the impact of obesity, age, diabetes and diet on sleep duration and attendant health outcomes. This volume focuses on the interaction between sleep and these factors, with special attention being paid to the potential for neurological modulation of sleep via diet. The volume aid readers in understanding the role each of these factors plays in sleep architecture and its regulation by circadian biology and neurology.

- Aids in understanding the impact of age, diet, obesity and disease on sleep
- Offers focus on neurological changes that affect metabolism
- Explores diabetes induced sleep problems
- Aid to understanding the multifactorial causes of age-related sleep dysfunction
- Addresses selected studies of nutraceuticals affecting sleep for potential application clinically
- Discusses major impact on sleep disorders by caffeine and alcohol



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