

Sleep Quality and Psychological Adjustment

Filesize: 8.36 MB

Reviews

Extensive guide! Its such a very good read. I really could comprehended almost everything out of this created e ebook. You will like how the writer write this ebook. (Katherine Feil)

SLEEP QUALITY AND PSYCHOLOGICAL ADJUSTMENT



LAP LAMBERT Academic Publishing. Paperback. Book Condition: New. Paperback. 64 pages. Dimensions: 8.7in. x 5.9in. x 0.1in.Without specific etiology or effective treatment, Chronic fatigue syndrome (CFS) remains a contentious diagnosis. Individuals with CFS complain of fatigue and poor sleep - symptoms that are often attributed to psychological disturbance. To assess the nature and prevalence of sleep disturbance in CFS and to investigate the widely presumed presence of psychological maladjustment we examined sleep quality, sleep disorders, physical health, and daytime sleepiness, fatigue, and psychological adjustment in three samples: individuals with CFS, a healthy control group, and individuals with a definite medical diagnosis: narcolepsy. Outcome measures included physiological evaluation (polysomnography), medical diagnosis, structured interview, and self-report measures. Results indicate that the CFS sample had a very high incidence (58) of previously undiagnosed primary sleep disorder such as sleep apneahypopnea syndrome and restless legs periodic limb movement disorder. They also had very high rates of self-reported insomnia and nonrestorative sleep. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

- **Read Sleep Quality and Psychological Adjustment Online**
- Download PDF Sleep Quality and Psychological Adjustment

See Also

1		
	_	_
	=	
	-	

The Preschool Inclusion Toolbox: How to Build and Lead a High-Quality Program

Brookes Publishing Co, United States, 2015. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. Filled with tips, tools, and strategies, this book is the comprehensive, practical toolbox preschool administrators... Download PDF »

C	
L.	

My Friend Has Down's Syndrome

Barron's Educational Series Inc.,U.S. Paperback. Book Condition: new. BRAND NEW, My Friend Has Down's Syndrome, Jennifer Moore-Mallinos, Younger children are normally puzzled when they encounter other kids who suffer from Down's Syndrome. Here is a...

Download PDF »

٢	7
L	= 1
L	ΞJ

Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications.

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually... Download PDF »

		l	\leq
	_		
			-
_			

Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. From a certified teacher and founder of an online tutoring website-a simple and... Download PDF »

ſ	\neg
I	
l	- J

Eighth grade - reading The Three Musketeers - 15 minutes to read the original ladder-planned

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Pages Number: 124 Publisher: China Electric Power Press Pub. Date :2010-8-1. Contents: The first... Download PDF »