



Sleep Deprivation, Stimulant Medications, and Cognition (Cambridge Medicine (Hardcover))

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Sleep Deprivation: Stimulant Medications and Cognition provides a review, synthesis and analysis of the scientific literature concerning stimulant medications and neurobehavioral performance, with an emphasis on critically evaluating the practical utility of these agents for maintaining cognitive performance and alertness in sleep-deprived (but otherwise healthy) individuals. The book explores the nature of sleep loss-induced cognitive deficits, neurophysiologic basis of these deficits, relative efficacy and limitations of various interventions (including non-pharmacological), and implications for applying these interventions in operational environments (commercial and military). Readers of this volume will gain a working knowledge of:

- Mechanisms contributing to sleep loss-induced cognitive deficits
- Differential effects of stimulant compounds on various aspects of cognition
- Considerations (such as abuse liability) when applying stimulant interventions in operational settings
- Current state and future directions for including stimulants in comprehensive fatigue-management strategies.

This text is key reading for researchers and trainees in sleep and psychopharmacology.

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