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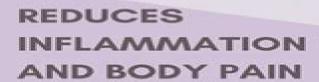


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Marie-Pierre St-Onge, Kat Craddock

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Sleep and circadian rhythms in cancer patients and relationship with quality of life Joy Perrier, Ali Amidi, Lisa Maria Wu, Bénédicte Giffard, Josée Savard, 2023-01-02 Novel Technologies in the Diagnosis and Management of Sleep-Disordered Breathing, volume II Ding Zou, Henri Korkalainen, 2025-10-31 Sleep disordered breathing SDB ranging from habitual snoring to severe obstructive sleep apnea OSA is highly prevalent and represents a growing global healthcare burden Besides disrupting sleep SDB leads to detrimental outcomes such as excessive daytime sleepiness neurocognitive impairment and increased cardiometabolic morbidities In the Research Topic Volume I we observed the technology developments that enable rapid innovations in the field of SDB Simple diagnostic methods and novel disease management solutions strongly suggest that the SDB diagnostic and management are moving from a one size fits all approach to precision sleep medicine To build on the success of Volume I presenting outstanding works in the field the Volume II aims to expand on the recent developments in the field of sleep medicine Possible topics of interest include but are not limited to 1 Novel insights on pathophysiology mechanisms of OSA from physiological signals collected from standard sleep studies 2 Novel signal acquisition and sensor technologies 3 Alternative polysomnography metrics and analyses 4 Minimally invasive data collection for screening and long term follow up of SDB 5 Artificial intelligence and machine learning based signal analysis approach 6 Biomarkers and phenotyping based prediction models on treatment outcomes 7 Big data approaches and telemedicine in sleep medicine 8 Emerging technologies to provide alternative treatment options for better treatment adherence and clinical outcomes 9 Disease management approaches encompass phenotyping and endotyping for better patient characterization including disease severity daytime symptoms as well as comorbidity conditions 10 Patient reported outcome measures assessment and sleep disparities studies. We are interested in original works protocols literature reviews meta analyses perspectives and expert consensus related to sleep disorders with a specific focus on SDB Optimizing Your Health Emily Gold Mears, 2022-05-17 In Optimizing Your Health Emily Gold Mears shares years of research and knowledge to help others understand how they can become their own health advocate modify their lifestyle to reduce their risk of chronic disease and take a proactive role in their own healthcare Gold Mears features real life stories clinical studies the latest discoveries and infographics to demonstrate what is hurting us and what can help us in our pursuit of a long healthy life This book curates a vast amount of health and wellness information and focuses on the most salient aspects Gold Mears s book is essential reading for those who are committed to reducing their risk of chronic disease aging well and feeling their best

Foundations of Augmented Cognition. Neuroergonomics and Operational Neuroscience Dylan D. Schmorrow, Ivy V. Estabrooke, Marc Grootjen, 2009-07-15 The 13th International Conference on Human Computer Interaction HCI Intertional 2009 was held in San Diego California USA July 19 24 2009 jointly with the Symposium on Human Interface Japan 2009 the 8th International Conference on Engineering Psychology and Cognitive Ergonomics the 5th International

Conference on Universal Access in Human Computer Interaction the Third International Conf ence on Virtual and Mixed Reality the Third International Conference on Internati alization Design and Global Development the Third International Conference on Online Communities and Social Computing the 5th International Conference on Augmented Cognition the Second International Conference on Digital Human Mod ing and the First International Conference on Human Centered Design A total of 4 348 individuals from academia research institutes industry and gove mental agencies from 73 countries submitted contributions and 1 397 papers that were judged to be of high scientific quality were included in the program These papers dress the latest research and development efforts and highlight the human aspects of the design and use of computing systems The papers accepted for presentation thoroughly cover the entire field of human computer interaction addressing major advances in knowledge and effective use of computers in a variety of application areas **Eat Better, Sleep Better** Marie-Pierre St-Onge, Kat Craddock, 2025-01-21 More than half of all Americans have difficulty falling or staying asleep Drawing on the science that has made her the go to expert on the connection between food and sleep Dr Marie Pierre St Onge pairs her comprehensive strategies for getting a good night s sleep with Kat Craddock s 75 recipes Developed with ingredients that trigger the body s dietary melatonin and serotonin these recipes align with a Mediterranean diet and trigger a healthy circadian cycle so you feel energetic during the day and ready for sleep at night Here too is a 28 day meal plan that takes the guess work out of what to eat bacen so you can start eating and sleeping better than ever

Federal Register ,1995 1,001 Smart Self-care Strategies for Women Sharon Faelten,2001 Periodontology - E-Book Michael G. Newman, Henry Takei, Perry R. Klokkevold, Fermin A. Carranza, 2014-09-18 The most widely used periodontics text Carranza's Clinical Periodontology provides both print and online access to basic procedures as well as the latest in advanced procedures and techniques in reconstructive esthetic and implant therapy Not only does this book show how to do periodontal procedures it describes how to best manage the outcomes and explains the evidence supporting each treatment Written by leading experts Michael Newman Henry Takei Perry Klokkevold and Fermin Carranza along with a pool of international contributors this edition also discusses the close connection between oral health and systemic disease A new Expert Consult website includes the entire fully searchable contents of the book and takes learning to a whole new level with content updates videos a drug database and much more Comprehensive coverage describes all aspects of periodontics in a single volume including periodontal pathology the etiology of periodontal diseases the relationship between periodontal disease and systemic health treatment of periodontal diseases oral implantology supportive treatment and ethics legal and practical matters Problem solving scenario based learning opportunities use well documented case reports to help you learn both basic and advanced procedures and techniques Speed to competence is enhanced with access to print online and mobile platforms A unique approach combines evidence based decision making science transfer and classification nomenclature throughout every chapter A one of a kind Genetic Factors and Periodontal Disease chapter

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