



Sleep and Psychosomatic Medicine

S.R. Pandi-Perumal, Rocco R. Ruoti, Milton Kramer

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Psychosomatic illness can generally be considered as physical illnesses that are believed to be psychologically based; hence they are often referred to as "psychophysiological" disorders.

Focusing on the emerging challenges in the fields of both sleep and psychosomatic medicine, *Sleep and Psychosomatic Medicine* interphases between psychiatry, sleep and other medical disciplines. The essential information within serves as an excellent resource for those who would pursue either a basic or clinical application path in this emerging interdisciplinary research field, and especially for those who would pursue both.

Leading experts in the field have made an invaluable contribution to scientific understanding of various factors that contribute to the sleep and psychosomatic illnesses. The detailed chapters deal with the behavioural, psychological, psychiatric, psychosocial, and socio-cultural processes in animal and human sleep and sleep disorders.

The first-ever book devoted entirely to the topic, *Sleep and Psychosomatic Medicine* will be an invaluable resources for sleep researchers, psychiatrists, psychologists, and medical professionals interested in the inter phase between sleep and psychosomatics who would be able to recognize and treat them as they manifest into a disease state.

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