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Science of Circadian Rhythms, An Issue of Sleep Medicine Clinics,: 10 (The Clinics: Internal Medicine)

Phyllis C. Zee

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Dr. Phyllis Zee has put together an expert panel of authors on the topic of the Science of Circadian Rhythms. Articles include: Neurobiology of Circadian Rhythm Regulation, Effect of Light and Melatonin and other Melatonin Receptor Agonists on Human Circadian Physiology, Consequences of Circadian Disruption on Cardiometabolic Health, Consequences Circadian Disruption on Neurologic and Psychiatric Health, Aging and Circadian Rhythms, Circadian and Homeostatic Regulation of Sleep and Performance, Circadian disruption in Psychiatric Disorders, and more!

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