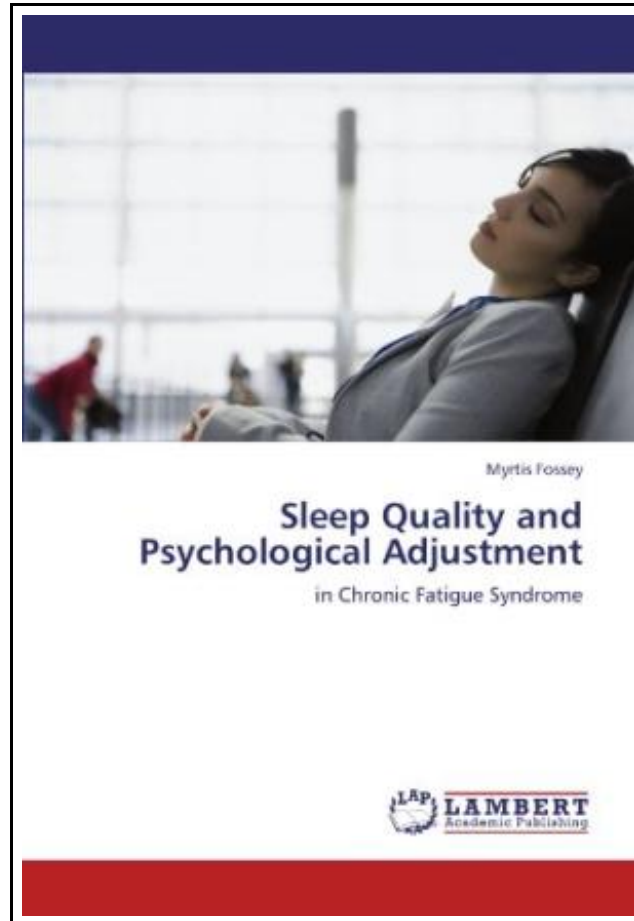


## Sleep Quality and Psychological Adjustment



Filesize: 7.3 MB

### ***Reviews***

*A really great pdf with lucid and perfect information. It is rally fascinating throgh reading through time. I am effortlessly can get a pleasure of reading a published book.*

***(Reyes Lind)***

## SLEEP QUALITY AND PSYCHOLOGICAL ADJUSTMENT

DOWNLOAD



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](#)

## Related PDFs



### **Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values**

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in. Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead....

[Read eBook »](#)



### **Scholastic Discover More Penguins**

Scholastic Reference. Paperback. Book Condition: New. Paperback. 80 pages. Dimensions: 10.0in. x 8.0in. x 0.4in. Scholastic Discover More is a revolutionary new nonfiction line pairing stunning print books with corresponding interactive digital books that extend the...

[Read eBook »](#)



### **NirV Outreach Bible**

Biblica. Paperback. Book Condition: New. Paperback. 1344 pages. Dimensions: 8.4in. x 5.6in. x 2.5in. This low-cost New International Readers Version Bible (NirV) is affordably priced for giving away, and is a very effective translation for children,...

[Read eBook »](#)



### **Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large**

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Read eBook »](#)



### **Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One**

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. We all have dreams of what we want to do and who we want to become. Many of us eventually decide...

[Read eBook »](#)