

## References

- Battena, L., & Minton, C. (2017). 'Appeared to sleep well': How much sleep has your patient had and why does it matter?. *Nursing Review* (1173-8014), 17(4), 15-18.
- Caldwell JA, J., Caldwell, J., Brown, D., & Smith, J. (2004). The effects of 37 hours of continuous wakefulness on the physiological arousal, cognitive performance, self-reported mood, and simulator flight performance of F-117A pilots. *Military Psychology* (Taylor & Francis Ltd), 16(3), 163-181.
- Dang-Vu, T., Desseilles, M., Peigneux, P., & Maquet, P. (2006). A role for sleep in brain plasticity. *Pediatric Rehabilitation*, 9(2), 98-118.
- Gumenyuk, V., Belcher, R., Drake, C. L., & Roth, T. (2015). Differential sleep, sleepiness, and neurophysiology in the insomnia phenotypes of shift work disorder. *Sleep*, 38(1), 119-126. doi:10.5665/sleep.4336
- Hellmich, C., Durant, C., Jones, M. W., Timpson, N. J., Bartsch, U., & Corbin, L. J. (2015). Genetics, sleep and memory: a recall-by-genotype study of ZNF804A variants and sleep neurophysiology. *BMC Medical Genetics*, 1696. doi:10.1186/s12881-015-0244-4
- Iwańczuk, W., & Guźniczak, P. (2015). Neurophysiological foundations of sleep, arousal, awareness and consciousness phenomena. Part 1. *Anaesthesiology Intensive Therapy*, 47(2), 162-167. doi:10.5603/AIT.2015.0015
- Iwańczuk, W., & Guźniczak, P. (2015). Neurophysiological foundations of sleep, arousal, awareness and consciousness phenomena. Part 2. *Anaesthesiology Intensive Therapy*, 47(2), 168-174. doi:10.5603/AIT.2015.0016
- Johansson, A., Windahl, M., Svanborg, E., Fredrichsen, M., Swahn, E., Uhlin, P., & Edéll-Gustafsson, U. (2007). Perceptions of how sleep is influenced by rest, activity and health in patients with coronary heart disease: a phenomenographical study. *Scandinavian Journal Of Caring Sciences*, 21(4), 467-475.
- Kredlow, M., Capozzoli, M., Hearon, B., Calkins, A., & Otto, M. (2015). The effects of physical activity on sleep: a meta-analytic review. *Journal Of Behavioral Medicine*, 38(3), 427-449. doi:10.1007/s10865-015-9617-6
- Lemke, M. K., Apostolopoulos, Y., Hege, A., Sönmez, S., & Wideman, L. (2016). Understanding the role of sleep quality and sleep duration in commercial driving safety. *Accident; Analysis And Prevention*, 9779-86. doi:10.1016/j.aap.2016.08.024
- O'Brien, K., & Weber, D. (2016). Insomnia in Chinese Medicine: The Heart of the Matter. *Journal Of Alternative & Complementary Medicine*, 22(9), 684-694. doi:10.1089/acm.2016.0044
- O'Hara, B. F., Ding, J., Bernat, R. L., & Franken, P. (2007). Genomic and proteomic approaches towards an understanding of sleep. *CNS & Neurological Disorders Drug Targets*, 6(1), 71-81.

- Poe, G. R., Walsh, C. M., & Bjorness, T. E. (2010). Cognitive neuroscience of sleep. *Progress In Brain Research*, 1851-19. doi:10.1016/B978-0-444-53702-7.00001-4
- Redeker, N. S., Pigeon, W. R., & Boudreau, E. A. (2015). Incorporating measures of sleep quality into cancer studies. *Supportive Care In Cancer*, 23(4), 1145-1155. doi:10.1007/s00520-014-2537-0
- Ritmala-Castren, M., Lakanmaa, R., Virtanen, I., & Leino-Kilpi, H. (2014). Evaluating adult patients' sleep: an integrative literature review in critical care. *Scandinavian Journal Of Caring Sciences*, 28(3), 435-448. doi:10.1111/scs.12072
- Wells, M. E., & Vaughn, B. V. (2012). Poor Sleep Challenging the Health of a Nation. *Neurodiagnostic Journal*, 52(3), 233-249.
- Wiggins, S. A., & Freeman, J. L. (2014). Understanding Sleep during Adolescence. *Pediatric Nursing*, 40(2), 91-98.
- Zi-Jian, C. (2017). Two Types of REM Sleep: The Atonic and Brain REM Sleep. *Sleep & Hypnosis*, 19(1), 1-9. doi:10.5350/Sleep.Hypn.2016.18.0113