



Sleep Quality and Psychological Adjustment

By Myrtis Fossey

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 (polysonnography), 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 apnea/hypopnea 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 ONLINE
[4.31 MB]

Reviews

This created ebook is wonderful. I am quite late in start reading this one, but better then never. You may like the way the author compose this pdf.
-- **Frederic Lang**

This book is fantastic. It really is packed with wisdom and knowledge I am pleased to explain how this is the greatest ebook i actually have go through in my personal daily life and can be he greatest ebook for at any time.
-- **Mr. Zachariah O'Hara**