# Table of Contents

1. Sleep, health and society: the contribution of epidemiology, F. P. Cappuccio, M. A. Miller, S. W. Lockley  
2. Principles of sleep physiology, S. W. Lockley  
3. Sleep deprivation and sleep disruption: risk factors and risk markers, N. S. Marshall, S. Stranges  
4. Sleep and mortality, J. E. Ferrie, M. Kivimaki, M. Shipley  
5. The epidemiology of sleep and cardiovascular risk and disease, F. P. Cappuccio, M. A. Miller  
6. Sleep and metabolic risk and disease, J. Broussard, K. L. Knutson  
7. Sleep and respiratory disease, A. Xie, R. Kakkar, M. C. Teodorescu, L. Herpel, V. Krishnan, M. Teodorescu  
8. The epidemiology of sleep and depression, S. Weich  
9. Sleep and neurological disorders, D. A. Cohen, A. Roy  
10. Sleep in children, D. Gozal, K. Spruyt  
11. Sleep, inflammation and disease, M. A. Miller, F. P. Cappuccio  
12. The genetics of sleep, M. A. Miller  
13. The sociology of sleep, S. Williams, R. Meadows, S. Arber  
14. Psychosocial and medical consequences of misinterpreting sleep disturbance, G. Stores  
15. Sleep and shift work, J. Axelsson  
16. Sleepiness, alertness and performance, T. Akerstedt  
17. Effect of lack of sleep on medical errors, C. P. Landrigan  
18. European working time directive and medical errors, F. P. Cappuccio, M. A. Miller  
19. A commentary on sleep education, E. Peile  
20. Sleep, law and policy, C. B. Jones, C. J. Lee, S. Rajaratnam  
21. Ethical considerations for the scheduling of work in continuous operations: physicians in training as a case study, C. Czeisler