

# Preface

Many recent discoveries in both the laboratory and the clinical setting have rapidly increased our understanding of sleep medicine and neuroendocrinology. These are being continually reported in various neuroendocrine and subspecialty journals as well as in dedicated sleep publications. Sleep medicine is thus becoming increasingly interdisciplinary while other areas of neuroscience and endocrinology are beginning to take an interest in the subject of sleep. A parallel development is that these fields are now reorganizing themselves at higher levels of complexity. The consequence of these phenomena is that for the researcher who is interested in the various facets of sleep physiology, it is becoming increasingly challenging to assimilate—let alone to master—the relevant findings in each of these fields.

*Neuroendocrine Correlates of Sleep/Wakefulness* summarizes and reviews many of the major new discoveries concerning neuroendocrine correlates of sleep/wakefulness. We have endeavored to select a limited number of outstanding contributions from chosen experts in their respective fields. The goal of the volume is to present the more recent developments in the fields of sleep and neuroendocrinology and to provide a context for considering them both in depth and from a multidisciplinary perspective. This volume thus brings together the knowledge and expertise of sleep specialists, neuroscientists, clinicians and basic researchers, neuroendocrinologists, and biological rhythm researchers.

We appreciate that an exhaustive review of the field would run the risk of becoming an unwieldy tome that would undermine the final objective of creating a practical and useful resource. It has been our goal to provide a concise yet comprehensive review of the expanding and increasingly interdisciplinary area of sleep medicine. It is our hope that readers will find that this effort represents a thoughtful balance of basic experimental and clinical viewpoints, and further that this will serve as a foundation for understanding and ultimately treating sleep disorders.

Inasmuch as we envision continuing updates and new editions of this volume, readers are encouraged to contact us with any thoughts or suggestions for revisions.

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