Introduction to modern sleep technology

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Abstrak

This book, provides a comprehensive reference volume to the latest advancements in the area of sleep technology. It offers an excellent range of insights and opinions from leading researchers and experts in multiple disciplines spanning academia, clinical practice and industry. Up-to-date insights into the current research topics in this field are featured in addition to the latest technological advances with reference to appropriate working examples.

The current book combines the five dimensions of knowledge, i.e., sleep medicine, clinical psychology engineering, industrial design and technology management to ensure the content is applicable to people's daily lives.