Preface

During the past 10 years distinct progress in the area of sleep research has taken place. This issue contains the papers presented at the Symposium on ‘Sleep and Sleep Disorders’, April 19-20th, 1985, in Baden/Vienna, and gives a recent survey of the physiology and pathophysiology of human sleep. Development of knowledge often goes hand in hand with technical progress or with the introduction of new techniques. So a large part of this volume deals with the possibility of mobile recording systems, allowing the monitoring of EEG and other electrophysiological data continuously over a variable period of time. Additionally, their automatic evaluation criteria are described. Sleep disturbances in different clinical conditions such as depression, epilepsy, ischemic brain disorders, myoclonus, bruxism and insomnia are presented and the influences of some therapeutic strategies are discussed. A hypothesis of the modulation of human behavior and of the sleep-waking cycle mediated by neurotransmitter action will be described, and a pharmacological approach to neurotransmitter failure in sleep disturbances emphasizes the importance of the recent development and insights in clinical neurophysiology. With this communication the editors hope to provide a platform for discussion and future research in this scientific subject.

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