

Bibliografía completa

- Álvarez, A. y Madrid, J. A. (2016). Importancia del entorno ambiental. *Revista de Neurología*, 63(Supl. 2), 5-6. doi:10.33588/rn.63S02.2016397
- American Academy of Sleep Medicine (2014). *International classification of sleep disorders* (3ª ed.). Darien, IL: Autor.
- American Psychiatric Association (1994). *Diagnostic and statistical manual of mental disorders* (4ª ed.). Washington, DC: Autor.
- Arand, D. L. y Bonnet, M. H. (2019). The multiple sleep latency test. En K. H. Levin y P. Chauvel (eds.), *Handbook of clinical neurology: Vol. 160. Clinical neurophysiology: Basis and technical aspects* (pp. 393-403). doi:10.1016/B978-0-444-64032-1.00026-6
- Arand, D., Bonnet, M., Hurwitz, T., Mitler, M., Rosa, R. y Sangal, B. (2005). The clinical use of the MSLT and MWT. *Sleep*, 28, 123-144. doi:10.1093/sleep/28.1.123
- Asociación Americana de Psiquiatría (2014). *Manual diagnóstico y estadístico de los trastornos mentales* (5ª ed.). Arlington, VA: Autor.
- Atwood, C. W. y Strollo, P. J. (2017). Positive airway pressure in the treatment of sleep apnea-hypopnea. En S. Chokroverty (ed.), *Sleep disorders medicine. Basic science, technical considerations and clinical aspects* (4ª ed.) (pp. 619-645). doi:10.1007/978-1-4939-6578-6
- Auger, R. R., Burgess, H. J., Emens, J. S., Deriy, L. V., Thomas, S. M. y Sharkey, K. M. (2015). Clinical practice guideline for the treatment of intrinsic circadian rhythm sleep-wake disorders: Advanced sleep-wake phase disorder (ASWPD), delayed sleep-wake phase disorder (DSWPD), non-24-hour sleep-wake rhythm disorder (N24SWD), and irregular sleep-wake rhythm disorder (ISWRD). An update for 2015. *Journal of Clinical Sleep Medicine*, 11, 1199-1236. doi:10.5664/jcsm.5100

- Aurora, R. N., Bista, S. R., Casey, K. R., Chowdhuri, S., Kristo, D. A., Mallea, J. M. . . . , Heald, J. L. (2016). Updated adaptive servo-ventilation recommendations for the 2012 AASM guideline: “The treatment of central sleep apnea syndromes in adults: Practice parameters with an evidence-based literature review and meta-analyses”. *Journal of Clinical Sleep Medicine*, 12, 757-761. doi:10.5664/jcsm.5812
- Aurora, R. N., Casey, K. R., Kristo, D., Auerbach, S., Bista, S. R., Chowdhuri, S. . . . , Morgenthaler, T. I. (2010). Practice parameters for the surgical modifications of the upper airway for obstructive sleep apnea in adults. *Sleep*, 33, 1408-1413. doi:10.1093/sleep/33.10.1408
- Aurora, R. N., Chowdhuri, S., Ramar, K., Bista, S. R., Casey, K. R., Lamm, C. I. . . . , Tracy, S. L. (2012). The treatment of central sleep apnea syndromes in adults: Practice parameters with an evidence-based literature review and meta-analyses. *Sleep*, 35, 17-40. doi:10.5665/sleep.1580
- Aurora, R. N., Kristo, D. A., Bista, S. R., Rowley, J. A., Zak, R. S., Casey KR. . . . , Rosenberg, R. S. (2012). The treatment of restless legs syndrome and periodic limb movement disorder in adults—An update for 2012: Practice parameters with an evidence-based systematic review and meta-analyses. *Sleep*, 35, 1039-1062. doi:10.5665/sleep.1988
- Aurora, R. N., Zak, R. S., Maganti, R. K., Auerbach, S. H., Casey, K. R., Chowdhuri, S. . . . , Morgenthaler, T. I. (2010). Best practice guide for the treatment of REM sleep behavior disorder (RBD). *Journal of Clinical Sleep Medicine*, 6, 85-95. doi:10.5664/jcsm.27717
- Avidan, A. Y. (2017). Non-rapid eye movement parasomnias: Clinical spectrum, diagnostic features, and management. En M. Kryger, T. Roth y W. C. Dement (eds.), *Principles and practice of sleep medicine* (6ª ed.) (pp. 981-992). Filadelfia, PA: Elsevier.
- Baglioni, C., Nanovska, S., Regen, W., Spiegelhalder, K., Feige, B., Nissen, C. . . . , Riemann, D. (2016). Sleep and mental disorders: A meta-analysis of polysomnographic research. *Psychological Bulletin*, 142, 969-990. doi:10.1037/bul0000053
- Bakker, G. M. (2009). In defence of thought stopping. *Clinical Psychologist*, 13, 59-68. doi:10.1080/13284200902810452
- Banno, M., Harada, Y., Taniguchi, M., Tobita, R., Tsujimoto, H., Tsujimoto, Y. . . . , Noda, A. (2018). Exercise can improve sleep quality: A systematic review and meta-analysis. *PeerJ*, 6, e5172. doi:10.7717/peerj.5172
- Baron, K. G., Perlis, M. L., Nowakowski, S., Smith, M. T. Jr., Jungquist, C. R. y Orff, H. (2017). Cognitive behavioral therapy for insomnia. En H. P. Attarian (ed.), *Clinical handbook of insomnia* (3ª ed.) (pp. 75-96). doi:10.1007/978-3-319-41400-3
- Bastien, C. H., Vallières, A. y Morin, C. M. (2001). Validation of the Insomnia Severity Index as an outcome measure for insomnia research. *Sleep Medicine*, 2, 297-307. doi:10.1016/s1389-9457(00)00065-4

- Becker, P. M. (2015). Hypnosis in the management of sleep disorders. *Sleep Medicine Clinics*, 10, 85-92. doi:10.1016/j.jsmc.2014.11.003
- Berry, R. B., Albertario, C. L., Harding, S. M. et al. (2018). *The AASM Manual for the scoring of sleep and associated events: Rules, terminology and technical specifications* (Version 2.5). Darien, IL: American Academy of Sleep Medicine.
- Berry, R. B., Chediak, A., Brown, L. K., Finder, J., Gozal, D., Iber, C. . . , Davidson-Ward, S. L. (2010). Best clinical practices for the sleep center adjustment of noninvasive positive pressure ventilation (NPPV) in stable chronic alveolar hypoventilation syndromes. *Journal of Clinical Sleep Medicine*, 6, 491-509. doi:10.5664/jcsn.27941
- Berson, D. M., Dunn, F. A. y Takao, M. (2002). Phototransduction by retinal ganglion cells that set the circadian clock. *Science*, 295, 1070-1073. doi:10.1126/science.1067262
- Bhattarai, J. y Sumerall, S. (2017). Current and future treatment options for narcolepsy: A review. *Sleep Science*, 10, 19-27. doi:10.5935/1984-0063.20170004
- Bloch, K. E., Buenzli, J. C., Latshang, T. D. y Ulrich, S. (2015). Sleep at high altitude: Guesses and facts. *Journal of Applied Physiology*, 119, 1466-1480. doi:10.1152/jappphysiol.00448.2015
- Bootzin, R. R. (1972). Stimulus control treatment for insomnia. *Proceedings of the American Psychological Association*, 1972, 395-396.
- Broomfield, N. M. y Espie, C. A. (2003). Initial insomnia and paradoxical intention: An experimental investigation of putative mechanisms using subjective and actigraphic measurement of sleep. *Behavioural and Cognitive Psychotherapy*, 31, 313-324. doi:10.1017/S1352465803003060
- Buela-Casal, G. (1990a). *Evaluación y tratamiento conductual del insomnio*. Ponencia presentada en el II Curso de Psicología de la Salud, Santiago de Compostela, España.
- Buela-Casal, G. (1990b). Trastornos de iniciación y mantenimiento del sueño (insomnios). En G. Buela-Casal y J. F. Navarro (comps.), *Avances en la investigación del sueño y sus trastornos* (pp. 263-277). Madrid: Siglo XXI.
- Buela-Casal, G. y Sierra, J. C. (1994). Escalas para evaluar la activación-somnolencia. *Vigilia y Sueño*, 6, 13-19.
- Buela-Casal, G. y Sierra, J. C. (1996). Trastornos del sueño. En V. E. Caballo, G. Buela-Casal. y J. A. Carroble (dirs.), *Manual de psicopatología y trastornos psiquiátricos: Vol. 2. Trastornos de la personalidad, medicina conductual y problemas de relación* (pp. 267-312). Madrid: Siglo XXI.
- Buman, M. P. y King, A. C. (2010). Exercise as a treatment to enhance sleep. *American Journal of Lifestyle Medicine*, 4, 500-514. doi:10.1177/1559827610375532
- Buman, M., Phillips, B., Youngstedt, S. D., Kline, C. E. y Hirshkowitz, M. (2014). Does nighttime exercise really disturb sleep? Results from the 2013

- National Sleep Foundation Sleep in America Poll. *Sleep Medicine*, 15, 755-761. doi:10.1016/j.sleep.2014.01.008
- Buysse, D. J., Reynolds, C. F. III., Monk, T. H., Berman, S. R. y Kupfer, D. J. (1989). The Pittsburgh Sleep Quality Index: A new instrument for psychiatric practice and research. *Psychiatry Research*, 28, 193-213. doi:10.1016/0165-1781(89)90047-4
- Cairns, A., Trotti, L. M. y Bogan, R. (2019). Demographic and nap-related variance of the MSLT: Results from 2,498 suspected hypersomnia patients clinical MSLT variance. *Sleep Medicine*, 55, 115-123. doi:10.1016/j.sleep.2018.12.013
- Canet, T. (2016). Sueño y alimentación. *Revista de Neurología*, 63(Supl. 2), 17-18. doi:10.33588/rn.63S02.2016397
- Carneiro-Barrera, A., Díaz-Román, A., Guillén-Riquelme, A. y Buela-Casal, G. (2019). Weight loss and lifestyle interventions for obstructive sleep apnoea in adults: Systematic review and meta-analysis. *Obesity Reviews*, 20, 750-762. doi:10.1111/obr.12824
- Carneiro-Barrera, A., Amaro-Gahete, F. J., Díaz-Román, A., Guillén-Riquelme, A., Jurado-Fasoli, L., Sáez-Roca, G., Buela-Casal, G. (2019). Interdisciplinary weight loss and lifestyle intervention for obstructive sleep apnoea in adults: Rationale, design and methodology of the INTERAPNEA study. *Nutrients*, 11, 2227. doi:10.3390/nu11092227
- Cassanello, P., Díez-Izquierdo, A., Gorina, N., Matilla-Santander, N., Martínez-Sánchez, J. M. y Balaguer, A. (2018). Adaptación y estudio de propiedades métricas de un cuestionario de valoración del sueño para lactantes y preescolares. *Anales de Pediatría*, 89, 230-237. doi:10.1016/j.anpedi.2017.12.003
- Chervin, R. D., Hedger, K., Dillon, J. E. y Pituch, K. J. (2000). Pediatric Sleep Questionnaire (PSQ): validity and reliability of scales for sleep-disordered breathing, snoring, sleepiness, and behavioral problems. *Sleep Medicine*, 1, 21-32. doi:10.1016/s1389-9457(99)00009-x
- Clark, I. y Landolt, H. P. (2017). Coffee, caffeine, and sleep: A systematic review of epidemiological studies and randomized controlled trials. *Sleep Medicine Reviews*, 31, 70-78. doi:10.1016/j.smr.2016.01.006
- Cohen, A., Ben Abu, N. y Haimov, I. (2020). The interplay between tobacco dependence and sleep quality among young adults. *Behavioral Sleep Medicine*, 18, 163-176. doi:10.1080/15402002.2018.1546707
- Cohrs, S., Rodenbeck, A., Riemann, D., Szagun, B., Jaehne, A., Brinkmeyer, J., Winterer, G. (2012). Impaired sleep quality and sleep duration in smokers-results from the German Multicenter Study on Nicotine Dependence. *Addiction Biology*, 19, 486-496. doi:10.1111/j.1369-1600.2012.00487.x
- Colrain, I. M., Trinder, J. y Swan, G. E. (2004). The impact of smoking cessation on objective and subjective markers of sleep: Review, synthesis, and recom-

- mentations. *Nicotine & Tobacco Research*, 6, 913-925. doi:10.1080/14622200412331324938
- Collop, N. A., Anderson, W. M., Boehlecke, B., Claman, D., Goldberg, R., Gottlieb, D. J. . . . Schwab, R. (2007). Clinical guidelines for the use of unattended portable monitors in the diagnosis of obstructive sleep apnea in adult patients. *Journal of Clinical Sleep Medicine*, 3, 737-747. doi:10.5664/jcsm.27032
- Conley, S., Knies, A., Batten, J., Ash, G., Miner, B., Hwang, Y. . . . Redeker, N. S. (2019). Agreement between actigraphic and polysomnographic measures of sleep in adults with and without chronic conditions: A systematic review and meta-analysis. *Sleep Medicine Reviews*, 46, 151-160. doi:10.1016/j.smrv.2019.05.001
- Copinschi, G., Leproult, R. y Spiegel, K. (2014). The important role of sleep in metabolism. *Frontiers of Hormone Research*, 42, 59-72. doi:10.1159/000358858
- Cheng, S. K. y Dizon, J. (2012). Computerised cognitive behavioural therapy for insomnia: A systematic review and meta-analysis. *Psychotherapy and Psychosomatics*, 81, 206-216. doi:10.1159/000335379
- Chennaoui, M., Arnal, P. J., Sauvet, F. y Léger, D. (2015). Sleep and exercise: A reciprocal issue? *Sleep Medicine Reviews*, 20, 59-72. doi:10.1016/j.smrv.2014.06.008
- Chiu, H.-Y., Huang, H.-C., Chen, P.-Y., Hou, W.-H. y Tsai, P.-S. (2015). Walking improves sleep in individuals with cancer: A meta-analysis of randomized, controlled trials. *Oncology Nursing Forum*, 42, 132-140. doi:10.1188/15.ONF.E54-E62
- Cho, J. R., Joo, E. Y., Koo, D. L. y Hong, S. B. (2013). Let there be no light: The effect of bedside light on sleep quality and background electroencephalographic rhythms. *Sleep Medicine*, 14, 1422-1425. doi:10.1016/j.sleep.2013.09.007
- Cho, Y., Ryu, S.-H., Lee, B. R., Kim, K. H., Lee, E. y Choi, J. (2015). Effects of artificial light at night on human health: A literature review of observational and experimental studies applied to exposure assessment. *Chronobiology International*, 32, 1294-1310. doi:10.3109/07420528.2015.1073158
- Chokroverty, S. (2017). Overview of normal sleep. En S. Chokroverty (ed.), *Sleep disorders medicine. Basic science, technical considerations and clinical aspects* (4ª ed.) (pp. 5-27). Nueva York: Springer. doi:10.1007/978-1-4939-6578-6
- Chokroverty, S. y Bhat, S. (2017). Physiological changes in sleep. En S. Chokroverty y L. Ferini-Strambi (eds.), *Oxford textbook of sleep disorders* (pp. 43-52). Nueva York: Oxford University Press.
- Dickson, G. T. y Schubert, E. (2019). How does music aid sleep? Literature review. *Sleep Medicine*, 63, 142-150. doi:10.1016/j.sleep.2019.05.016

- Diederich, N. J. y Comella, C. L. (2013). Sleep disturbances in Parkinson's disease. En S. Chokroverty, R. P. Allen, A. S. Walters y P. Montagna (eds.), *Sleep and movement disorders* (2ª ed.) (pp. 674-686). Nueva York: Oxford University Press.
- Drake, C. L. y Wright, K. P. Jr. (2017). Shift work, shift-work disorder, and jet lag. En M. Kryger, T. Roth y W. C. Dement (eds.), *Principles and practice of sleep medicine* (6ª ed.) (pp. 714-725). Filadelfia, PA: Elsevier.
- Drake, C., Nickel, C., Burduvali, E., Roth, T., Jefferson, C. y Badia, P. (2003). The Pediatric Daytime Sleepiness Scale (PDSS): Sleep habits and school outcomes in middle-school children. *Sleep*, 26, 455-458.
- Ebrahim, I. O., Shapiro, C. M., Williams, A. J. y Fenwick, P. B. (2013). Alcohol and sleep I: Effects on normal sleep. *Alcoholism: Clinical and Experimental Research*, 37, 539-549. doi:10.1111/acer.12006
- Epstein, L. J., Kristo, D., Strollo, P. J., Friedman, N., Malhotra, A., Patil, S. P., Weinstein, M. D. (2009). Clinical guideline for the evaluation, management and long-term care of obstructive sleep apnea in adults. *Journal of Clinical Sleep Medicine*, 5, 263-276. doi:10.5664/jcsm.27497
- Espie, C. A. (2011). Paradoxical intention therapy. En M. Perlis, M. Aloia y B. Kuhn (eds.), *Behavioral treatments for sleep disorders: A comprehensive primer of behavioral sleep medicine interventions* (pp. 61-70). Boston, MA: Elsevier.
- Feng, F., Zhang, Y., Hou, J., Cai, J., Jiang, Q., Li, X., Li, B. (2018). Can music improve sleep quality in adults with primary insomnia? A systematic review and network meta-analysis. *International Journal of Nursing Studies*, 77, 189-196. doi:10.1016/j.ijnurstu.2017.10.011
- Ferguson, K. A., Cartwright, R., Rogers, R. y Schmidt-Nowara, W. (2006). Oral appliances for snoring and obstructive sleep apnea: A review. *Sleep*, 29, 244-262. doi:10.1093/sleep/29.2.244
- Fernández-Mendoza, J., Rodríguez-Muñoz, A., Vela-Bueno, A., Olavarrieta-Bernardino, S., Calhoun, S. L., Bixler, E. O. y Vgontzas, A. N. (2012). The Spanish version of the Insomnia Severity Index: A confirmatory factor analysis. *Sleep Medicine*, 13, 207-210. doi:10.1016/j.sleep.2011.06.019
- Ferrer, M., Vilagut, G., Monasterio, C., Montserrat, J. M., Mayos, M. y Alonso, J. (1999). Medida del impacto de los trastornos del sueño: las versiones españolas del Cuestionario del Impacto Funcional del Sueño y de la Escala de Somnolencia de Epworth. *Medicina Clínica*, 113, 250-255.
- Ferri, C., Turchese, M. y Provini, F. (2017). NREM and other parasomnias. En S. Chokroverty y L. Ferini-Strambi (eds.), *Oxford textbook of sleep disorders* (pp. 383-391). Nueva York: Oxford University Press.
- Fino, E. y Mazzeti, M. (2019). Monitoring healthy and disturbed sleep through smartphone applications: A review of experimental evidence. *Sleep and Breathing*, 23, 13-24. doi:10.1007/s11325-018-1661-3

- Food and Drug Administration (2019). *Sleep disorder (sedative-hypnotic) drug information*. Recuperado de <https://www.fda.gov/drugs/postmarket-drug-safety-information-patients-and-providers/sleep-disorder-sedative-hypnotic-drug-information>
- Geiger-Brown, J. M., Rogers, V. E., Liu, W., Ludeman, E. M., Downton, K. D. y Díaz-Abad, M. (2015). Cognitive behavioral therapy in persons with comorbid insomnia: A meta-analysis. *Sleep Medicine Reviews*, 23, 54-67. doi:10.1016/j.smrv.2014.11.007
- Giraldo-Cadavid, L. F., Perdomo-Sanchez, K., Córdoba-Gravini, J. L., Escamilla, M. I., Suarez, M., Gelvez, N..., Dueñas-Meza, E. (2020). Allergic rhinitis and OSA in children residing at a high altitude. *Chest*, 157, 384-393. doi:10.1016/j.chest.2019.09.018
- Grupo de Trabajo de la Guía de Práctica Clínica para el Manejo de Pacientes con Insomnio en Atención Primaria (2009). *Guía de práctica clínica para el manejo de pacientes con insomnio en atención primaria* (Guías de Práctica Clínica en el SNS: UETS N° 2007/5-1). Plan de Calidad para el Sistema Nacional de Salud del Ministerio de Sanidad y Política Social. Unidad de Evaluación de Tecnologías Sanitarias. Agencia Laín Entralgo. Comunidad de Madrid. Recuperado de <http://www.madrid.org/bvirtual/BVCM009948.pdf>
- Grupo de trabajo de la Guía de Práctica Clínica sobre Trastornos del Sueño en la Infancia y Adolescencia en Atención Primaria. (2011). *Guía de práctica clínica sobre trastornos del sueño en la infancia y adolescencia en atención primaria* (Guías de Práctica Clínica en el SNS: UETS N.º 2009/8). Plan de Calidad para el Sistema Nacional de Salud del Ministerio de Sanidad, Política Social e Igualdad. Unidad de Evaluación de Tecnologías Sanitarias de la Agencia Laín Entralgo. Recuperado de <https://www.adolescenciasema.org/wp-content/uploads/2015/07/GPC-sobre-Trastornos-del-Sue%C3%B1o-en-la-Infancia-y-Adolescencia-en-Atenci%C3%B3n-Primaria.pdf>
- Halperin, D. (2014). Environmental noise and sleep disturbances: A threat to health? *Sleep Science*, 7, 209-212. doi:10.1016/j.slsci.2014.11.003
- Halvani, A., Ebadi, F., Mehrparvar, A. H., Zare-Sakhvidi, M. J., Soltani-Gerdfaramarzi, R. y Mostaghaci, M. (2017). Evaluation of compliance with continuous positive airway pressure in patients with obstructive sleep apnea syndrome. *Journal of Sleep Sciences*, 2, 13-19.
- Harris, S. F. y Thorpy, M. J. (2010). Behavioral and psychiatric treatment of parasomnias. En M. J. Thorpy y G. Plazzi (eds.), *The parasomnias and other sleep-related movement disorders* (pp. 312-322). Cambridge: Cambridge University Press.
- Harvey, A., Bélanger, L., Talbot, L., Eidelman, P., Beaulieu-Bonneau, S., Fortier-Brochu, E..., Morin, C. M. (2014). Comparative efficacy of behavior therapy, cognitive therapy and cognitive behavior therapy for chronic insomnia: A randomized controlled trial. *Journal of Consulting and Clinical Psychology*, 82, 670-683. doi:10.1037/a0036606

- Hattar, S., Liao, H.-W., Takao, M., Berson, D. M. y Yau, K.-W. (2002). Melanopsin-containing retinal ganglion cells: Architecture, projections, and intrinsic photosensitivity. *Science*, 295, 1065-1070. doi:10.1126/science.1069609
- Hertenstein, E., Nissen, C. y Riemann, D. (2017). Pharmacological and non-pharmacological treatments of insomnia. En S. Chokroverty y L. Ferini-Strambi (eds.), *Oxford textbook of sleep disorders* (pp. 189-200). Nueva York: Oxford University Press.
- Hoban, T. F. (2010). Sleep-related rhythmic movement disorder. En M. J. Thorpy y G. Plazzi (eds.), *The parasomnias and other sleep-related movement disorders* (pp. 270-277). Cambridge: Cambridge University Press.
- Hoddes, E., Dement, W. C y Zarcone, V. (1972). The development and use of the Stanford Sleepiness Scale (SSS). *Psychophysiology*, 9, 150.
- Jacobson, E. (1929). *Progressive relaxation*. Chicago, IL: University of Chicago Press.
- Jaehne, A., Loessl, B., Bárkai, Z., Riemann, D. y Hornyak, M. (2009). Effects of nicotine on sleep during consumption, withdrawal and replacement therapy. *Sleep Medicine Reviews*, 13, 363-377. doi:10.1016/j.smrv.2008.12.003
- Jasper, H. H. (1958) The Ten-Twenty Electrode System of the International Federation. *Electroencephalography and Clinical Neurophysiology*, 10, 371-375.
- Johns, M. W. (1991). A new method for measuring daytime sleepiness: The Epworth sleepiness scale. *Sleep*, 14, 540-545. doi:10.1093/sleep/14.6.540
- Khanijow, V., Prakash, P., Emsellem, H. A., Borum, M. L. y Doman, D. B. (2015). Sleep dysfunction and gastrointestinal diseases. *Gastroenterology & Hepatology*, 11, 817-825.
- Kheirandish-Gozal, L. y Gozal, D. (eds.) (2012). *Sleep disordered breathing in children: A comprehensive clinical guide to evaluation and treatment*. doi:10.1007/978-1-60761-725-9
- Koffel, E., Bramoweth, A. D. y Ulmer, C. S. (2018). Increasing access to and utilization of cognitive behavioral therapy for insomnia (CBT-I): A narrative review. *Journal of General Internal Medicine*, 33, 955-962. doi:10.1007/s11606-018-4390-1
- Kredlow, M. A., Capozzoli, M. C., Hearon, B. A., Calkins, A. W. y Otto, M. W. (2015). The effects of physical activity on sleep: A meta-analytic review. *Journal of Behavioral Medicine*, 38, 427-449. doi:10.1007/s10865-015-9617-6
- Krishnan, V., Dixon-Williams, S. y Thornton, J. D. (2014). Where there is smoke... there is sleep apnea: exploring the relationship between smoking and sleep apnea. *Chest*, 146, 1673-1680. doi:10.1378/chest.14-0772
- Kyle, S. D., Miller, C. B., Rogers, Z., Siriwardena, N., MacMahon, K. M. y Espie, C. A. (2014). Sleep restriction therapy for insomnia is associated with reduced objective total sleep time, increased daytime somnolence, and objectively impaired vigilance: Implications for the clinical management of insomnia disorder. *Sleep*, 37, 229-237. doi:10.5665/sleep.3386

- Lan, L. y Lian, Z. (2016). Ten questions concerning thermal environment and sleep quality. *Building and Environment*, *99*, 252-259. doi:10.1016/j.buildenv.2016.01.017
- Lan, L., Pan, L., Lian, Z., Huang, H. y Lin, Y. (2014). Experimental study on thermal comfort of sleeping people at different air temperatures. *Building and Environment*, *73*, 24-31. doi:10.1016/j.buildenv.2013.11.024
- Leproult, R. y Van Cauter, E. (2010). Role of sleep and sleep loss in hormonal release and metabolism. *Endocrine Development*, *17*, 11-21. doi:10.1159/000262524
- Liao, Y., Xie, L., Chen, X., Kelly, B. C., Qi, C., Pan, C..., Tang, J. (2019). Sleep quality in cigarette smokers and nonsmokers: Findings from the general population in central China. *BMC Public Health*, *19*, 808. doi:10.1186/s12889-019-6929-4
- Lichstein, K. L., Taylor, D. J., McCrae, C. S. y Thomas, S. J. (2011). Relaxation for insomnia. En M. Perlis, M. Aloia y B. Kuhn (eds.), *Behavioral treatments for sleep disorders: A comprehensive primer of behavioral sleep medicine interventions* (pp. 45-54). Boston, MA: Elsevier.
- Littner, M. R., Kushida, C., Wise, M., Davila, D. G., Morgenthaler, T., Lee-Chiong, T..., Kramer, M. (2005). Practice parameters for clinical use of the Multiple Sleep Latency Test and the Maintenance of Wakefulness Test. *Sleep*, *28*, 113-121. doi:10.1093/sleep/28.1.113
- López, I. y Herranz-Pascual, M. K. (2010). En J. A. Aragonés y M. Américo (coords.), *Psicología Ambiental* (3ª ed.) (pp. 77-97). Madrid: Ediciones Pirámide.
- Lucas-de la Cruz, L., Martínez-Vizcaino, V., Álvarez-Bueno, C., Arias-Palencia, N., Sánchez-López, M. y Notario-Pacheco, B. (2016). Reliability and validity of the Spanish version of the Children's Sleep Habits Questionnaire (CSHQ-SP) in school-age children. *Child: Care, Health and Development*, *42*, 675-682. doi:10.1111/cch.12357
- Madsen, M. T., Huang, C., Zanger, G., Zwisler, A. D. O. y Gögenur, I. (2019). Sleep disturbances in patients with coronary heart disease: A systematic review. *Journal of Clinical of Sleep Medicine*, *15*, 489-504. doi:10.5664/jcsm.7684
- Mahoney, C. E., Cogswell, A., Koralnik, I. J. y Scammell, T. E. (2019). The neurobiological basis of narcolepsy. *Nature Reviews Neuroscience*, *20*, 83-93. doi:10.1038/s41583-018-0097-x
- Manni, R. y Terzaghi, M. (2017). Sleep disorders in neurodegenerative diseases other than Parkinson disease and multiple system atrophy. En S. Chokroverty y L. Ferini-Strambi (eds.), *Oxford textbook of sleep disorders* (pp. 255-262). Nueva York: Oxford University Press.
- Marín, H. A., Jiménez, U., Sierra, J. C., Pandi-Perumal, S. R. y Schenck, C. H. (2014). Cognitive behavioral treatment for narcolepsy: Can it complement pharmacotherapy? *Sleep Science*, *7*, 30-42. doi:10.1016/j.slsci.2014.07.023

- Marrie, R. A., Reider, N., Cohen, J., Trojano, M., Sorensen, P. S., Cutter, G..., Stuve, O. (2015). A systematic review of the incidence and prevalence of sleep disorders and seizure disorders in multiple sclerosis. *Multiple Sclerosis*, 21, 342-349. doi:10.1177/1352458514564486
- McCrae, C. S. y Lichstein, K. L. (2001). Secondary insomnia: diagnostic challenges and intervention opportunities. *Sleep Medicine Reviews*, 5, 47-61. doi:10.1053/smr.2000.0146
- Miller, C. B., Espie, C. A., Epstein, D. R., Friedman, L., Morin, C. M., Pigeon, W. R..., Kyle, S. D. (2014). The evidence base of sleep restriction therapy for treating insomnia disorder. *Sleep Medicine Reviews*, 18, 415-424. doi:10.1016/j.smr.2014.01.006
- Mims, K. N. y Kirsch, D. (2016). Sleep and stroke. *Sleep Medicine Clinics*, 11, 39-51. doi:10.1016/j.jsmc.2015.10.009
- Moratalla, R. (2008). Neurobiología de las metilxantinas. *Trastornos Adictivos*, 10, 201-207. doi:10.1016/S1575-0973(08)76368-2
- Morgenthaler, T. I., Kapur, V. K., Brown, T. M., Swick, T. J., Alessi, C., Aurora, R. N..., Zak, R. (2007). Practice parameters for the treatment of narcolepsy and other hypersomnias of central origin. *Sleep*, 30, 1705-1711. doi:10.1093/sleep/30.12.1705
- Morgenthaler, T. I., Auerbach, S., Casey, K. R., Kristo, D., Maganti, R., Ramar, K..., Kartje, R. (2018). Position paper for the treatment of nightmare disorder in adults: An American Academy of Sleep Medicine position paper. *Journal of Clinical Sleep Medicine*, 14, 1041-1055. doi:10.5664/jcsm.7178
- Morgenthaler, T., Kramer, M., Alessi, C., Friedman, L., Boehlecke, B., Brown, T..., Swick, T. (2006). Practice parameters for the psychological and behavioral treatment of insomnia: An update. An American Academy of Sleep Medicine report. *Sleep*, 29, 1415-1419. doi:10.1093/sleep/29.11.1415
- Morin, C. M. (1993). *Insomnia: Psychological assessment and management*. Nueva York: Guilford Press.
- Morin, C. M., Belleville, G., Bélanger, L. y Ivers, H. (2011). The Insomnia Severity Index: Psychometric indicators to detect insomnia cases and evaluate treatment response. *Sleep*, 34, 601-608. doi:10.1093/sleep/34.5.601
- Morin, C. M., Bootzin, R. R., Buysse, D. J., Edinger, J. D., Espie, C. A. y Lichstein, K. L. (2006). Psychological and behavioral treatment of insomnia: Update of the recent evidence (1998-2004). *Sleep*, 29, 1398-1414. doi:10.1093/sleep/29.11.1398
- Morin, C. M., Stone, J., Trinkle, D., Mercer, J. y Remsberg, S. (1993). Dysfunctional beliefs and attitudes about sleep among older adults with and without insomnia complaints. *Psychology and Aging*, 8, 463-467. doi:10.1037/0882-7974.8.3.463
- Navarro, J. F. (1990). Narcolepsia. En G. Buela-Casal y F. J. Navarro (comps.), *Avances en la investigación del sueño y sus trastornos* (pp. 305-314). Madrid: Siglo XXI.

- Neubauer, D. N. y Flaherty, K. N. (2009). Pathophysiology, associations, and consequences of insomnia. En C. A. Kushida (ed.), *Handbook of sleep disorders* (2ª ed.) (pp. 15-28). Nueva York: Informa Healthcare.
- Nochino, T., Ohno, Y., Kato, T., Taniike, M. y Okada, S. (2019). Sleep stage estimation method using a camera for home use. *Biomedical Engineering Letters*, 9, 257-265. doi:10.1007/s13534-019-00108-w
- O'Hare, E., Flanagan, D., Penzel, T., García, C., Frohberg, D. y Heneghan, C. (2015). A comparison of radio-frequency biomotion sensors and actigraphy versus polysomnography for the assessment of sleep in normal subjects. *Sleep and Breathing*, 19, 91-98. doi:10.1007/s11325-014-0967-z
- Oda, S. y Shirakawa, K. (2014). Sleep onset is disrupted following pre-sleep exercise that causes large physiological excitement at bedtime. *European Journal of Applied Physiology*, 114, 1789-1799. doi:10.1007/s00421-014-2873-2
- Ong, J. C. y Manber, R. (2011). Mindfulness-based therapy for insomnia. En M. Perlis, M. Aloia y B. Kuhn (eds.), *Behavioral treatments for sleep disorders: A comprehensive primer of behavioral sleep medicine interventions* (pp. 133-141). Boston, MA: Elsevier.
- Organización Mundial de la Salud (2018). *Clasificación internacional de enfermedades para las estadísticas de mortalidad y morbilidad* (11ª ed.). Recuperado de <https://icd.who.int/browse11/l-m/es>
- Overeem, S. (2011). The clinical features of cataplexy. En C. R. Baumann, C. L. Bassetti y T. E. Scammell (eds.), *Narcolepsy. Pathophysiology, diagnosis, and treatment* (pp. 283-290). doi:10.1007/978-1-4419-8390-9
- Owens, J. A., Spirito, A. y McGuinn, M. (2000). The Children's Sleep Habits Questionnaire (CSHQ): Psychometric properties of a survey instrument for school-aged children. *Sleep*, 23, 1043-1051.
- Parish, J. M. (2009). Sleep-related problems in common medical conditions. *Chest*, 135, 563-572. doi:10.1378/chest.08-0934
- Partinen, M. (2017). Nutrition and sleep. En S. Chokroverty (ed.), *Sleep disorders medicine. Basic science, technical considerations and clinical aspects* (4ª ed.) (pp. 539-558). doi:10.1007/978-1-4939-6578-6
- Patil, S. P., Ayappa, I. A., Caples, S. M., Kimoff, R. J., Patel, S. R. y Harrod, C. G. (2019). Treatment of adult obstructive sleep apnea with positive airway pressure: An American Academy of Sleep Medicine clinical practice guideline. *Journal of Clinical Sleep Medicine*, 15, 335-343. doi:10.5664/jcsm.7640
- Pech, M. y O'Kearney, R. (2013). A randomized controlled trial of problem-solving therapy compared to cognitive therapy for the treatment of insomnia in adults. *Sleep*, 36, 739-749. doi:10.5665/sleep.2640
- Pérez-Chada, D., Pérez-Lloret, S., Videla, A. J., Cardinali, D., Bergna, M. A., Fernández-Acquier, M. ..., Drake C. (2007). Sleep disordered breathing and daytime sleepiness are associated with poor academic performance in teen-

- agers. A study using the Pediatric Daytime Sleepiness Scale (PDSS). *Sleep*, 30, 1698-1703. doi:10.1093/sleep/30.12.1698
- Perlis, M. L. y Gehrman, P. R. (2011). Cognitive restructuring: Cognitive therapy for catastrophic sleep beliefs. En M. Perlis, M. Aloia y B. Kuhn (eds.), *Behavioral treatments for sleep disorders: A comprehensive primer of behavioral sleep medicine interventions* (pp. 119-126). Boston, MA: Elsevier.
- Perlis, M. L., Benson-Jungquist, C., Smith, M. T. y Posner, D. A. (2005). *Cognitive behavioral treatment of insomnia: A session-by-session guide*. Nueva York: Springer.
- Petit, D., Pennestri, M.-H., Paquet, J., Desautels, A., Zadra, A., Vitaro, F., ..., Montplaisir, J. (2015). Childhood sleepwalking and sleep terrors. A longitudinal study of prevalence and familial aggregation. *JAMA Pediatrics*, 169, 653-658. doi:10.1001/jamapediatrics.2015.127
- Peuhkuri, K., Sihvola, N. y Korpela, R. (2012). Diet promotes sleep duration and quality. *Nutrition Research*, 32, 309-319. doi:10.1016/j.nutres.2012.03.009
- Pirrerá, S., De Valck, E. y Cluydts, R. (2010). Nocturnal road traffic noise: A review on its assessment and consequences on sleep and health. *Environment International*, 36, 492-498. doi:10.1016/j.envint.2010.03.007
- Plazzi, G. (2019). REM sleep behavior disorder in narcolepsy. En C. H. Schenck, B. Högl y A. Videnovic (eds.), *Rapid-eye-movement sleep behavior disorder* (pp. 135-151). doi:10.1007/978-3-319-90152-7
- Porkka-Heiskanen, T. y Kalinchuk, A. V. (2011). Adenosine, energy metabolism and sleep homeostasis. *Sleep Medicine Reviews*, 15, 123-135. doi:10.1016/j.smr.2010.06.005
- Purani, H., Friedrichsen, S. y Allen, A. M. (2019). Sleep quality in cigarette smokers: Associations with smoking-related outcomes and exercise. *Addictive Behaviors*, 90, 71-76. doi:10.1016/j.addbeh.2018.10.023
- Radwan, A., Fess, P., James, D., Murphy, J., Myers, J., Rooney, M., Taylor, J. y Torii, A. (2015). Effect of different mattress designs on promoting sleep quality, pain reduction, and spinal alignment in adults with or without back pain; systematic review of controlled trials. *Sleep Health*, 1, 257-267. doi:10.1016/j.sleh.2015.08.001
- Rechtschaffen, A. y Kales, A. (eds.) (1968). *A manual standardized terminology, techniques and scoring system and sleep stages of human subjects*. Los Angeles: UCLA Brain Information Service.
- Ren, S., Wong, D. W.-C., Yang, H., Zhou, Y., Lin, J. y Zhang, M. (2016). Effect of pillow height on the biomechanics of the head-neck complex: Investigation of the cranio-cervical pressure and cervical spine alignment. *PeerJ*, 4, e2397. doi:10.7717/peerj.2397
- Riemann, D., Baglioni, C., Bassetti, C., Bjorvatn, B., Groselj, L. D., Ellis, J. G., ..., Spiegelhalder, K. (2017). European guideline for the diagnosis and treatment of insomnia. *Journal of Sleep Research*, 26, 675-700. doi:10.1111/jsr.12594

- Robinson-Shelton, A. y Malow, B. A. (2016). Sleep disturbances in neurodevelopmental disorders. *Current Psychiatry Reports*, 18, 6. doi:10.1007/s11920-015-0638-1
- Roehrs, T. y Roth, T. (2008). Caffeine: Sleep and daytime sleepiness. *Sleep Medicine Reviews*, 12, 153-162. doi:10.1016/j.smrv.2007.07.004
- Royuela, A. y Macías, J. A. (1997). Propiedades clinimétricas de la versión castellana del cuestionario de Pittsburgh. *Vigilia-Sueño*, 9, 81-94.
- Sadeh, A. (2004). A brief screening questionnaire for infant sleep problems: Validation and findings for an internet sample. *Pediatrics*, 113, 570-577. doi:10.1542/peds.113.6.e570
- Sadeh, A. (2011). The role and validity of actigraphy in sleep medicine: An update. *Sleep Medicine Reviews*, 15, 259-267. doi:10.1016/j.smrv.2010.10.001
- Sadek, I., Biswas, J. y Abdulrazak, B. (2019). Ballistocardiogram signal processing: A review. *Health Information Science and Systems*, 7, 10. doi:10.1007/s13755-019-0071-7
- San, T., Polat, S., Cingi, C., Eskiizmir, G., Oghan, F. y Cakir, B. (2013). Effects of high altitude on sleep and respiratory system and their adaptations. *The Scientific World Journal*, 241569. doi:10.1155/2013/241569
- Sateia, M. J., Buysse, D. J., Krystal, A. D., Neubauer, D. N. y Heald, J. L. (2017). Clinical practice guideline for the pharmacologic treatment of chronic insomnia in adults: An American Academy of Sleep Medicine clinical practice guideline. *Journal of Clinical Sleep Medicine*, 13, 307-349. doi:10.5664/jcsm.6470
- Scholle, S., Beyer, U., Bernhard, M., Eichholz, S., Erler, T., Graneß, P., ..., Scholle, C. (2011). Normative values of polysomnographic parameters in childhood and adolescence: Quantitative sleep parameters. *Sleep Medicine*, 12, 542-549. doi:10.1016/j.sleep.2010.11.011
- Schutte-Rodin, S., Broch, L., Buysse, D., Dorsey, C. y Sateia, M. (2008). Clinical guideline for the evaluation and management of chronic insomnia in adults. *Journal of Clinical Sleep Medicine*, 4, 487-504. doi:10.5664/jcsm.27286
- Seidman, M. D. y Standring, R. T. (2010). Noise and quality of life. *International Journal of Environmental Research and Public Health*, 7, 3730-3738. doi:10.3390/ijerph7103730
- Seyffert, M., Lagisetty, P., Landgraf, J., Chopra, V., Pfeiffer, P. N., Conte, M. L. y Rogers, M. A. M. (2016). Internet-delivered cognitive behavioral therapy to treat insomnia: A systematic review and meta-analysis. *PLoS ONE*, 11, e0149139. doi:10.1371/journal.pone.0149139
- Shahid, A., Wilkinson, K., Marcu, S. y Shapiro, C. M. (eds.) (2012). *STOP, THAT and one hundred other sleep scales*. doi:10.1007/978-1-4419-9893-4
- Sierra, J. C., Delgado-Domínguez, C. y Carretero-Dios, H. (2006). Estructura interna de la Dysfunctional Beliefs and Attitudes about Sleep Scale en una muestra española de trabajadores con turnos rotatorios. *Revista de Neurología*, 43, 454-460. doi:10.33588/rn.4308.2005733

- Sierra, J. C., Guillén-Serrano, V. y Santos-Iglesias, P. (2008). Insomnia Severity Index: algunos indicadores acerca de su fiabilidad y validez en una muestra de personas mayores. *Revista de Neurología*, 47, 566-570. doi:10.33588/rn.4711.2008221
- Silber, B. Y. y Schmitt, J. A. J. (2010). Effects of tryptophan loading on human cognition, mood, and sleep. *Neuroscience and Biobehavioral Reviews*, 34, 387-407. doi:10.1016/j.neubiorev.2009.08.005
- Simakajornboon, N., Thampratankul, L., Sharon, D. y Walters, A. S. (2013). Restless legs syndrome and periodic limb movement disorder in children and adolescents. En S. Chokroverty, R. P. Allen, A. S. Walters y P. Montagna (eds.), *Sleep and movement disorders* (2ª ed.) (pp. 612-623). Nueva York: Oxford University Press.
- Sixel-Döring, F. y Trenkwalder, C. (2019). REM sleep behavior disorder associated with Parkinson's disease and multiple system atrophy. En C. H. Schenck, B. Högl y A. Videnovic (eds.), *Rapid-eye-movement sleep behavior disorder* (pp. 53-65). doi:10.1007/978-3-319-90152-7
- Sokolov, E. y Chaudhuri, K. R. (2017). An overview of sleep dysfunction in Parkinson disease. En S. Chokroverty y L. Ferini-Strambi (eds.), *Oxford textbook of sleep disorders* (pp. 245-253). Nueva York: Oxford University Press.
- Somboon, T., Grigg-Damberger, M. M. y Foldvary-Schaefer, N. (2019). Epilepsy and sleep-related breathing disturbances. *Chest*, 156, 172-181. doi:10.1016/j.chest.2019.01.016
- Spielman, A. J., Saskin, P. y Thorpy, M. J. (1987). Treatment of chronic insomnia by restriction of time in bed. *Sleep*, 10, 45-56. doi:10.1093/sleep/10.1.45
- Spielman, A. J., Yang, C.-M. y Glovinsky, P. B. (2011). Sleep restriction therapy. En M. Perlis, M. Aloia y B. Kuhn (eds.), *Behavioral treatments for sleep disorders: A comprehensive primer of behavioral sleep medicine interventions* (pp. 9-19). Boston, MA: Elsevier.
- Stallman, H. M. y Kohler, M. (2016). Prevalence of sleepwalking: A systematic review and meta-analysis. *PLoS One*, 11, e0164769. doi:10.1371/journal.pone.0164769
- Stutz, J., Eiholzer, R. y Spengler, C. M. (2019). Effects of evening exercise on sleep in healthy participants: A systematic review and meta-analysis. *Sports Medicine*, 49, 269-287. doi:10.1007/s40279-018-1015-0
- Tan, H.-L., Gozal, D., Molero, H., Bandla, H. P. R. y Kheirandish-Gozal, L. (2014). Overnight polysomnography versus respiratory polygraphy in the diagnosis of pediatric obstructive sleep apnea. *Sleep*, 37, 255-260. doi:10.5665/sleep.3392
- Taylor, D. J., Grieser, E. A. y Tatum, J. I. (2010). Other nonpharmacological treatments of insomnia. En M. J. Sateia y D. J. Buysse (eds.), *Insomnia: Diagnosis and treatment* (pp. 290-298). Reino Unido: Informa Healthcare.

- Taylor, D., Gehrman, P., Dautovich, N., Lichstein, K. y McCrae, C. (2014). Treating insomnia. En *Handbook of insomnia* (pp. 37-56). Londres: Springer Healthcare.
- Terhune, D. B., Cleeremans, A., Raz, A. y Lynn, S. J. (2017). Hypnosis and top-down regulation of consciousness. *Neuroscience and Biobehavioral Reviews*, 81, 59-74. doi:10.1016/j.neubiorev.2017.02.002
- Tomás, M., Miralles, A. y Beseller, B. (2007). Versión española del Pediatric Sleep Questionnaire. Un instrumento útil en la investigación de los trastornos del sueño en la infancia. Análisis de su fiabilidad. *Anales de Pediatría*, 66, 121-128. doi:10.1157/13098928
- Van de Water, A. T. M., Holmes, A. y Hurley, D. A. (2011). Objective measurements of sleep for non-laboratory settings as alternatives to polysomnography—A systematic review. *Journal of Sleep Research*, 20, 183-200. doi:10.1111/j.1365-2869.2009.00814.x
- Veasey, S. C., Guilleminault, C., Strohl, K. P., Sanders, M. H., Ballard, R. D. y Magalang, U. J. (2006). Medical therapy for obstructive sleep apnea: A review by the medical therapy for obstructive sleep apnea task force of the standards of practice committee of the American Academy of Sleep Medicine. *Sleep*, 29, 1036-1044. doi:10.1093/sleep/29.8.1036
- Wang, F. y Boros, S. (2019). The effect of physical activity on sleep quality: A systematic review. *European Journal of Physiotherapy*. Publicación avanzada online. doi:10.1080/21679169.2019.1623314
- Weaver, T. E., Laizner, A. M., Evans, L. K., Maislin, G., Chugh, D. K., Lyon, K..., Dinges, D. F. (1997). An instrument to measure functional status outcomes for disorders of excessive sleepiness. *Sleep*, 20, 835-843. doi:10.1093/sleep/20.10.835
- Winsper, C., Tang, N. K., Marwaha, S., Lereya, S. T., Gibbs, M., Thompson, A. y Singh, S. P. (2017). The sleep phenotype of Borderline Personality Disorder: A systematic review and meta-analysis. *Neuroscience and Biobehavioral Reviews*, 73, 48-67. doi:10.1016/j.neubiorev.2016.12.008
- Yang, P.-Y., Ho, K.-H., Chen, H.-C. y Chien, M.-Y. (2012). Exercise training improves sleep quality in middle-aged and older adults with sleep problems: A systematic review. *Journal of Physiotherapy*, 58, 157-163. doi:10.1016/S1836-9553(12)70106-6
- Yang, M., Morin, C. M., Schaefer, K. y Wallenstein, G. V. (2009). Interpreting score differences in the Insomnia Severity Index: Using health-related outcomes to define the minimally important difference. *Current Medical Research and Opinion*, 25, 2487-2494. doi:10.1185/03007990903167415
- Ye, Y., Chen, N., Chen, J., Liu, J., Lin, L., Liu, Y..., Jiang, X. (2016). Internet-based cognitive-behavioural therapy for insomnia (ICBT-i): A metaanalysis of randomised controlled trials. *BMJ Open*, 6, e010707. doi:10.1136/bmjopen-2015-010707

- Youngstedt, S. D. (2005). Effects of exercise on sleep. *Clinics in Sports Medicine*, 24, 355-365. doi:10.1016/j.csm.2004.12.003
- Youngstedt, S. D. y Burch, J. B. (2009). Pathophysiology, associations, and consequences of circadian rhythm sleep disorders. En C. A. Kushida (ed.), *Handbook of sleep disorders* (2ª ed.) (pp. 123-133). Nueva York: Informa Healthcare.
- Zacharie, R., Lyby, M. S., Ritterband, L. M. y O'Tooler, M. S. (2016). Efficacy of internet-delivered cognitive-behavioral therapy for insomnia-A systematic review and meta-analysis of randomized controlled trials. *Sleep Medicine Reviews*, 30, 1-10. doi:10.1016/j.smrv.2015.10.004
- Zhang, L., Samet, J., Caffo, B. y Punjabi, N. M. (2006). Cigarette smoking and nocturnal sleep architecture. *American Journal of Epidemiology*, 164, 529-537. doi:10.1093/aje/kwj231
- Zisapel, N. (2018). New perspectives on the role of melatonin in human sleep, circadian rhythms and their regulation. *British Journal of Pharmacology*, 175, 3190-3199. doi:10.1111/bph.14116