

# Fisiologia del sonno

Introduzione al corso di fisiologia del sonno

Il sonno è un stato di coscienza  
e di attività fisiologica  
ridotta, caratterizzato da  
un ciclo di sonno e di veglia.

Il sonno è un  
processo fisiologico  
che si ripete  
in modo  
regolare.

# Cronobiologia E Psicofisiologia Del Sonno

**LM Reder**

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