

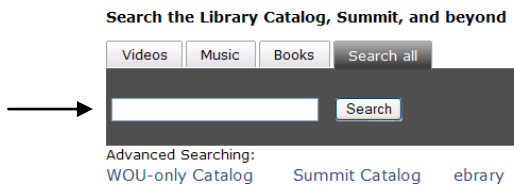
Searching WOU Library / Summit for Books, E-Books, and Other Material

WOU LIBRARY: Books, E-books, and other material located at the Western Oregon University Library.


SUMMIT: Books and other material located at academic institutions in Oregon and Washington. You may request items from Summit. They will be sent to the WOU library for you to checkout. Books from SUMMIT take 5-7 business days to arrive.

PART ONE: Books at WOU

Go to the library website www.wou.edu/library and conduct a search for your topic in the Search the Library Catalog, Summit, Catalog, and beyond search box.



Find a PRINT (not an E-book) related to your research topic that is available for check out. Note – Books at WOU will be in the first twelve results.

2	☆☆☆☆☆	Covenant marriage : the movement to reclaim tradition in America / Steven L. Nock, Laura Ann Sanchez the movement to reclaim tradition in America Steven L. Nock, Laura Ann Sanchez, James D. Wright Nock, Steven L.	c2008		BOOK
		Request			
		LOCATION	CALL NO.	STATUS	
		BOOKS FLOOR 3	KFL95 .N63 2008	AVAILABLE	
3	☆☆☆☆☆	Covenant marriage [electronic resource] : the movement to reclaim tradition in America / Steven L. N [electronic resource] : the movement to reclaim tradition in America Steven L. Nock, Laura Ann Sanchez, James D. Wright Nock, Steven L.	c2008		E-Book
		An electronic book accessible through the World Wide Web: click to view			

Write down title of the book, the location, and the call number:

PART TWO : E-Books

Go back to your books results list and select the Full Text of an E-Book (from WOU) related to your topic.

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TOC NOTES(0)

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Rank	Chapter
	Contents
	Preface
	Acknowledgments
	Part I: Understanding The Need for Sleep
	Part II: Sleep Disorders and Their Treatments
	Additional Resources
	Index

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UNDERSTANDING THE NEED FOR SLEEP

...the surface of t...trodes on the...measured in cyc...ording is called an electroencephalogram...rded on paper charts, today's tracings...ectly into a computer.

The size and frequency of brain waves va...ere in the brain the waves originate, how...d how urgent the message being transmitted is. These different...states produce brain waves of varying speed (fast and slow) and size (large and small). As a result, the picture of brain activity displayed on an EEG changes constantly from fast, small waves when a person is active or engaged in specific mental activities to large, slow waves when he or she is resting or in deep sleep.

To understand the recording of brain waves, imagine yourself standing on the edge of a pond. You throw in a small stone, which causes a ripple of waves spreading out from the center to all sides

Using INFO TOOLS at the top of the screen, how many pages of the book can you print?

Highlight a paragraph from the book. Using INFO TOOLS at the top of the screen, copy and paste the paragraph into a Word Document. What has been pasted into Word?

PART THREE: Books at SUMMIT

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Note—Books at Summit are listed below Books at WOU

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Materials listed below may be borrowed from other libraries. Summit items typically arrive in 3-4 days. Worldcat items usually arrive in 8-10 days.

SUMMIT

Summit Results 1-10 of about 2,640 (16 seconds)
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by Harvey R Colten; Bruce M Altevogt; Institute of Medicine (U.S.). Committee on Sleep Medicine and Research.
Book : eBook
Language: English
Publisher: Washington, DC : Institute of Medicine : National Academies Press, ©2006.
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by Alan Berliner; HBO Documentary Films.; Home Box Office (Firm);
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by Harvey R Colten; Bruce M Altevogt; Institute of Medicine (U.S.). Committee on Sleep Medicine and Research.
Book : eBook
Language: English
Publisher: Washington, DC : Institute of Medicine : National Academies Press, ©2006.
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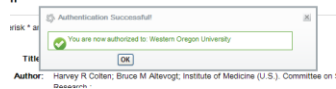
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Password

Select OK



Select Continue

Fields marked with an asterisk are required.

Title: Sleep disorders and sleep deprivation : an unmet public health problem
Author: Harvey R Cotten; Bruce M Altevogt; Institute of Medicine (U.S.). Committee on Sleep Medicine and Research. ;
Publisher: Washington, DC : Institute of Medicine : National Academies Press, ©2006.
Edition/Format: Book : eBook : English
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Handbook of stressful transitions across the lifespan
Author: [Thomas W Miller](#)
Publisher: New York : Springer, ©2010.
Edition/Format: Book : English [View all editions and formats](#)
Summary: An international and multidisciplinary core of clinicians, physicians, counsellors, educators, and researchers provide perspectives on the subject and scope of the stressful aspects of transitions in the life span. Transitions are discussed in depth, and the book balances theoretical knowledge with practical applications.

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