

Literature list

Course code: PH009F1
 Course name: Stress, recovery, and health
 Approved by: The board of the Department of Public Health Sciences
 2022-05-31
 Valid from: Autumn term 2022

Required reading

Abbott, S.M., Malkani, R.G., Zee, P.C. (2017). Circadian Dysregulation in Mental and Physical Health (p. 405–413), in *Principles and Practice of Sleep Medicine* (6th Edition). Elsevier Inc.
 BOOK CHAPTER | ENGLISH | 8 PAGES

Åkerstedt, T., Perski, A., Kecklund, G. (2017). Sleep, Occupational Stress, and Burnout (p. 736–741), in *Principles and Practice of Sleep Medicine* (6th Edition). Elsevier Inc.
 BOOK CHAPTER | ENGLISH | 5 PAGES

Berkman, L. F., Kawachi, I., & Glymour, M. M. (Eds.). (2014). Working conditions and health. In *Social Epidemiology* (Second edition, pp. 153–181). Oxford University Press.
 BOOK CHAPTER | ENGLISH | 29 PAGES

Banks, S., Dorrian, J., Basner, M., Dinges, D.F. (2017). Sleep Deprivation (p. 49–55), in *Principles and Practice of Sleep Medicine* (6th Edition). Elsevier Inc.
 BOOK CHAPTER | ENGLISH | 6 PAGES

Carskadon, M. A., & Dement, W. C. (2017). Normal Human Sleep (p. 15–24), in *Principles and Practice of Sleep Medicine* (6th Edition). Elsevier Inc.
 BOOK CHAPTER | ENGLISH | 9 PAGES

Carroll, D., Ginty, A. T., Whittaker, A. C., Lovallo, W. R., & de Rooij, S. R. (2017). The behavioural, cognitive, and neural corollaries of blunted cardiovascular and cortisol reactions to acute psychological stress. *Neuroscience & Biobehavioral Reviews*, 77, 74–86.
 ARTICLE | ENGLISH | 13 PAGES

Glaser, R., Kiecolt-Glaser, J. K. (2005). Stress-induced immune dysfunction: implications for health. *Nature Reviews Immunology* 5, 243-251.
 ARTICLE | ENGLISH | 8 PAGES

Kecklund, G., Sallinen, M., Axelsson, J. (2017). Optimizing Shift Scheduling (p. 742–749), in *Principles and Practice of Sleep Medicine* (6th Edition). Elsevier Inc.
 BOOK CHAPTER | ENGLISH | 7 PAGES

Kivimäki, M., & Steptoe, A. (2018). Effects of stress on the development and progression of cardiovascular disease. *Nature Reviews Cardiology*, 15(4), 215–229.
 ARTICLE | ENGLISH | 15 PAGES



Lovallo, W.R. (2016). *Stress and Health: Biological and Psychological Interactions* (3rd Edition). Sage Publications Inc.

BOOK | ENGLISH | 352 PAGES

McEwen, B. S. (2000). Allostasis and allostatic load: Implications for neuropsychopharmacology. *Neuropsychopharmacology*, 22(2), 108–124.

ARTICLE | ENGLISH | 17 PAGES

Sapolsky, R. M. (2015). Stress and the brain: Individual variability and the inverted-U. *Nature Neuroscience*, 18(10), 1344–1346.

BOOK CHAPTER | ENGLISH | 3 PAGES

Siegrist, J. (2017). The Effort–Reward Imbalance Model. In *The Handbook of Stress and Health* (pp. 24–35). John Wiley & Sons, Ltd.

BOOK CHAPTER | ENGLISH | 12 PAGES

Shier, D., Butler, J., & Lewis, R. (2015). *Hole's Human Anatomy & Physiology* (14th edition) (p. 22–23, 361–362, 431–438, 488–490, 520). McGraw Hill.

BOOK | ENGLISH | 17 PAGES

Silverthorn, D. U. (2012). *Human Physiology: An Integrated Approach* (6th edition) (p. 10–12, 14–19, 378–383, 387). Pearson.

BOOK | ENGLISH | 16 PAGES

Vaccarino, V., & Bremner, J. D. (2017). Behavioral, emotional and neurobiological determinants of coronary heart disease risk in women. *Neuroscience & Biobehavioral Reviews*, 74, 297–309.

ARTICLE | ENGLISH | 13 PAGES

Van der Kolk, B. A. (2004). Psychobiology of Posttraumatic Stress Disorder (p. 319–344), in *Textbook of Biological Psychiatry*. Wiley-Liss, Inc.

BOOK CHAPTER | ENGLISH | 25 PAGES

Up-to-date research articles that will be decided upon close to the course start.

ARTICLES | ENGLISH | CA. 50 PAGES

Recommended reading

Arendt, J. (2018). *From toads and sheep to chronotherapy: A melatonin story*.

VIDEO | ENGLISH | 45 MINUTES

Murray, D. M. (2012). *The Craft of Revision* (5th edition). Cengage Learning.

BOOK | ENGLISH | 288 PAGES

Sapolsky, R. (2016). *Why Zebras Don't Get Ulcers: Stress and Health*.

VIDEO | ENGLISH | 87 MINUTES

Walker, M. (2019). *Why sleep?* Cognitive Neuroscience Society Keynote.

VIDEO | ENGLISH | 64 MINUTES