

## Sleep

- Arns, M., Swatzyna, R.J., Gunkelman, J., & Olbrich, S. (2015). Sleep maintenance, spindling excessive beta and regulatory systems approach? *Neuropsychiatric Electrophysiology* electronically published June 2015.
- Bell, J. S. (1979). The use of EEG theta biofeedback in the treatment of a patient with sleep-onset insomnia. *Biofeedback & Self Regulation*, 4(3), 229–236.
- Berner, I., Schabus, M., Wienerroither, T., & Klimesch, W. (2006). The significance of sigma neurofeedback training on sleep spindles and aspects of declarative memory. *Applied Psychophysiology & Biofeedback*, 31(2), 97–114.
- Buckelew, S., Degood, D., Taylor, J., (2013). Neuroflexibility and sleep onset insomnia among college students: Implication for neurotherapy. *Journal of Neurotherapy*.
- Hoedlmoser, K., Pecherstorfer, T., Gruber, E., Anderer, P., Doppelmayr, M., Klimesch, W., & Schabus, M. (2008). Instrumental conditioning of human sensorimotor rhythm (12–15 Hz) and its impact on sleep as well as declarative learning. *Sleep*, 31(10), 1401–1408.
- Hammond, D. C (2012). Neurofeedback treatment of restless legs syndrome and periodic leg movements in sleep. *Journal of Neurotherapy*.
- Feinstein, B., Sterman, M. B., & MacDonald, L. R. (1974). Effects of sensorimotor rhythm training on sleep. *Sleep Research*, 3, 134.
- Sterman, M. B., Howe, R. D., & Macdonald, L. R. (1970). Facilitation of spindle-burst sleep by conditioning of electroencephalographic activity while awake. *Science*, 167, 1146–1148



## Comprehensive Neurofeedback Bibliography

### **D. Corydon Hammond, PhD**

Professor, Physical Medicine & Rehabilitation  
University of Utah School of Medicine

### **D. Allen Novian, PhD, LMFT, LPC-S**

President  
Novian Counseling & Consulting INC

Frank H. Duffy, M.D., Professor and Pediatric Neurologist at Harvard Medical School, stated in an editorial in the January 2000 issue of the journal *Clinical Electroencephalography* that the scholarly literature suggests that neurofeedback should play a major therapeutic role in many difficult areas. "In my opinion, if any medication had demonstrated such a wide spectrum of efficacy it would be universally accepted and widely used" (p. v). "It is a field to be taken seriously by all" (p. vii).

### **An objective guideline for evaluating the efficacy of neurofeedback treatments:**

La Vaque, T. J., Hammond, D. C., Trudeau, D., Monastra, V., Perry, J., Lehrer, P., Matheson, D., & Sherman, R. (2002). Template for developing guidelines for the evaluation of the clinical efficacy of psychophysiological interventions. *Applied Psychophysiology & Biofeedback*, 27(4), 273–281.