

WebWatch

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The Internet is clearly having a major effect upon society and it is proving to be a major source of information on every topic. WebWatch will review sleep medicine web sites on the Internet and provide other information of interest to those who use this method of communication or those who just want to keep up with what is happening on the World Wide Web.

Sleep Home Pages (URL: bisleep.medsch.ucla.edu)

This site is one of the most extensive sites on the Internet to provide information regarding sleep, sleep disorders and sleep research. One of its main features is BiblioSleep that consists of all published sleep and sleep-related papers from 1992 until the present. Searches can be made by the author's name or by searching for a specific category or key word. A list of key words are provided and can be used to search for articles that contain the key word in either the title or the body of the abstract. One nice feature of this section is that a reprint request can be sent electronically to the author of the published paper or the request can be directly printed out for forwarding by mail.

Another major feature in the Sleep Home Pages is a free weekly alerting service, NAPS, that results in e-mail alerts of new citations in specific areas of interest being forwarded to the individual's e-mail address.

The Sleep Home Pages contain open forums for discussion, not only of clinical issues but also of

basic research. There is a section that contains specific information regarding issues such as adolescent sleep or the management of insomnia.

In addition to the above areas, there is an international sleep directory, information on funding opportunities for research, links to other sleep sites, a job placement service, and there is access to information regarding other professional sleep societies around the world. Overall, the Sleep Home Pages contains a huge amount of information which is of relevance to those interested in sleep medicine, sleep research and the information is primarily directed to practitioners in these areas.

Sleep Research Online (URL: www.sro.org)

Sleep Research Online is an online research journal that is now into its second year. The contents of this journal are available in their full text format along with illustrations. All past issues are available for review. A nice feature is that all the references for the articles are available directly through links in the articles. Articles convey cutting-edge information that is important to be made available as rapidly as possible. The length of articles varies depending on the information that needs to be communicated. Figs. are limited in number to the minimum necessary to convey the critical points of the article. SRO Protocols, which allow authors to provide extended details of the methods and techniques that are used in SRO

articles, are included when necessary as are Letters to the Editor.

SleepNet.com (URL: www.sleepnet.com)

This site has as one of its major goals to link all the sleep information located on the Internet. Links are rated to provide help in finding the best sites. Non-commercial sites can be linked through this site, which also has public and professional sleep forums where people can post questions and read responses. A regular feature of the site is a chairman's column written by Dr William Dement of the Stanford Sleep Disorders Center.

Sleep Medicine Home Page (URL: www.cloud9.net/~thorpy/)

This site was one of the first sites on the World Wide Web listing links to topics in sleep and sleep disorders. This site consists of a single page that makes navigation easy. It is primarily directed to professionals in sleep research and sleep medicine but is of use to anyone who needs to find further information about sleep. The advantage of the site is that most links are posted in single line format so that material available can be easily and quickly seen. Information includes, professional associations, federal and state information about sleep, and a listing of sleep disorders centers around the world.