

Sleep Medicine



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Sleep disorders exact a high toll on society in terms of diminished quality of life, reduced productivity and cost to medical services. This book guides the reader through the basic science of sleep and how to evaluate individuals suffering from sleep irregularities. Complex features of sleep disorders are then discussed, including parasomnias, sleep apnea, night terrors and restless legs syndrome. The book also looks at how these sleep abnormalities can affect individuals with other psychiatric disorders such as epilepsy, depression and anxiety disorders. Covering disorders from insomnia to narcolepsy, and specialty areas from pediatric to geriatric, this wide ranging and accessible guide allows non-sleep specialists to approach and understand important information that is clinically relevant in everyday practice. Illustrated with summary tables, figures and treatment algorithms, this book will be a useful guide for neurologists, psychiatrists, psychologists, pulmonologists and internists as well as health care professionals in training.

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