

Read Online Sleep Medicine  
Textbook B 1 Esrs

# ***Sleep Medicine*** ***Textbook B 1 Esrs***

***Sleep is one of the key  
underpinnings of human  
health yet sleep deprivation  
and impaired sleep are***

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***rampant in modern life. Sleep and wake are a true yin yang phenomenon, each affecting the other and together forming a harmonious whole. Healthy sleep is a whole-body process impacted by circadian rhythm,***

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***daily activities, and emotional well-being, among others. When properly aligned, these work in concert to produce restorative and refreshing sleep. When not in balance, however, sleep disorders***

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***result. Yet too often, the conventional medical approach to treatment of sleep disorders is compartmentalized, failing to recognize all of the complex interactions that are involved. The first book in its field,***

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***Integrative Sleep Medicine offers a true comprehensive approach to sleep and sleep disorders by delineating the many factors that interplay into healthy sleep. Health care practitioners can learn how to***

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***better manage their patients with sleep disorders by integrating complementary and conventional approaches. Using an evidence-based approach throughout, this book describes the basics of***

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***normal sleep, then delves into the foundations of integrative sleep medicine, including the circadian rhythm, mind-body sleep connection, light, dreaming, the gastrointestinal system, and botanicals and***

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***supplements. Specific sleep issues and disorders are then addressed from an integrative perspective, including insomnia, obstructive sleep apnea, sleep related movement disorders, and parasomnias.***



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***This second edition by noted sleep medicine authority Richard B. Berry presents 100 cases that review key elements in the evaluation and management of patients with a wide variety of sleep disorders.***

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***Sleep disorders are among the most frequent health complaints physicians encounter: one third of adults experience occasional or persistent sleep problems. These disorders become a***

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***major health problem when they impair daytime functioning. A glossary is provided for sleep and sleep lab terminology The "pearls," distillations of the key information for each case are***

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***always a key feature of books  
in the Pearls Series® All cases  
are real clinical cases compiled  
by the author, not theoretical  
10 completely new cases have  
been added In addition to the  
cases, there are 22 sections***

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***presenting the Fundamentals  
of Sleep Medicine which better  
acquaint readers with the basic  
elements of sleep medicine All  
first edition cases have been  
substantially revised and  
rewritten Many new***

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***illustrations and sleep tracings  
have been added The glossary  
has been expanded and  
updated to reflect latest  
terminology  
Clinical practice related to  
sleep problems and sleep***

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***disorders has been expanding rapidly in the last few years, but scientific research is not keeping pace. Sleep apnea, insomnia, and restless legs syndrome are three examples of very common disorders for***

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***which we have little biological information. This new book cuts across a variety of medical disciplines such as neurology, pulmonology, pediatrics, internal medicine, psychiatry, psychology, otolaryngology,***



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***and nursing, as well as other medical practices with an interest in the management of sleep pathology. This area of research is not limited to very young and old patientsâ€"sleep disorders reach across all ages***

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***and ethnicities. Sleep Disorders and Sleep Deprivation presents a structured analysis that explores the following: Improving awareness among the general public and health***

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***care professionals. Increasing investment in interdisciplinary somnology and sleep medicine research training and mentoring activities. Validating and developing new and existing technologies for***

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***diagnosis and treatment. This book will be of interest to those looking to learn more about the enormous public health burden of sleep disorders and sleep deprivation and the strikingly***

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***limited capacity of the health care enterprise to identify and treat the majority of individuals suffering from sleep problems.***

***Co-authored by a neurologist, a psychiatrist, and a***

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***pulmonologist, Sleep Medicine in Clinical Practice reflects the cross-disciplinary nature in the clinical management of sleep disorders. The authors present an overview of sleep medicine including the physiological***

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***basis of sleep, diagnostic tools and possible therapeutic strategies, emphasizing throughout the role of the clinician in diagnosing and managing disease. A practical reference for the busy***

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***physician, Sleep Medicine in Clinical Practice includes chapters on the assessment and diagnosis of sleep disorders, conditions such as narcolepsy and sleep apnea, the management of insomnia***



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***and a selection on co-existent neurologic conditions such as epilepsy and dementia. It will be of interest to sleep medicine specialists and trainees as well as neurologists, pulmonologists,***

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***psychiatrists and internists.  
The Neurologic Diagnosis  
Basic Science, Technical  
Considerations, and Clinical  
Aspects  
Precision in Pulmonary,  
Critical Care, and Sleep***

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***Medicine***

***Advanced Concepts and  
Strategies***

***Kryger's Principles and  
Practice of Sleep Medicine - E-  
Book***

***A Guide for Psychiatrists and***

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***Other Healthcare Professionals  
This guide features the most up-  
to-date information and latest  
guidelines and summarizes the  
pathophysiological mechanisms,  
epidemiology, clinical  
presentations, and management***

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***of the six principal categories of adult and pediatric sleep disorders: insomnia, hypersomnia, sleep-disordered breathing, circadian disorders, parasomnias, and sleep-related movement disorders.***

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***Principles and Practice of  
Pediatric Sleep Medicine, 2nd  
Edition, written by preeminent  
sleep medicine experts Drs.  
Sheldon, Kryger, Ferber, and  
Gozal, is the most  
comprehensive source for***

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***diagnosing and managing sleep disorders in children. Newly updated and now in full color throughout, this medical reference book is internationally recognized as the definitive resource for any health***

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***practitioner who treats children, providing absolute guidance on virtually all of the sleep-associated problems encountered in pediatric patients. Consult this title on your favorite e-reader, conduct***



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***rapid searches, and adjust font sizes for optimal readability. Organized format separates coverage into Normal and Abnormal sleep for quick access to the key information you need. Abundantly referenced chapters***

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***help you to investigate topics further. Equips you with a complete understanding of both medical and psychiatric sleep disorders. New and expanded chapters regarding sleep related breathing disorders;***

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***parasomnias; differential diagnosis of pediatric sleep disorders; hypersomnia; school start times and implications; and the evaluation and management of circadian rhythm disturbances. Extensive***

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***coverage on obstructive sleep apnea, diagnosis and treatment; evaluation and management of sleepy children; evaluation and management of circadian rhythm abnormalities; and pharmacology.***

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***Humans throughout history have described a peculiar state between wakefulness and sleep during which they are consciously aware of their surroundings, but physically paralyzed. Sleep paralysis is also***

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***commonly accompanied by high levels of fear, feelings of suffocation, and hallucinations (i.e., waking dreams). Early interpretations of this event were that it was an actual attack by malevolent and supernatural***

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***entities such as demons, ghosts, or witches. Some of these beliefs persist to the present day in the form of nocturnal visitations by extraterrestrials and shadow people. Sleep Paralysis: Historical, Psychological, and***

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***Medical Perspectives offers the first comprehensive examination of sleep paralysis from scientific and cultural perspectives. Drs. Brian Sharpless and Karl Doghramji synthesize the many literatures while providing***



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***practical guidance for the diagnosis and treatment of sleep paralysis. Included are medication suggestions and a new psychotherapy manual for mental health professionals. The result is a volume that***

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***illuminates the cultural, medical, and intellectual importance of this understudied phenomenon. The European Respiratory Society (ERS) Handbook of Respiratory Medicine, now in its third edition, is a concise,***

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***compact and easy-to-read guide to each of the key areas in respiratory medicine. Its 20 sections, written by clinicians and researchers at the forefront of the field, explain the structure and function of the respiratory***

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***system, its disorders and how to treat them. The Handbook is a must-have for anyone who intends to remain up to date in the field, and to have within arm's reach a reference that covers everything from the***

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***basics to the latest  
developments in respiratory  
medicine.***

***A Guide to Understanding and  
Improving Your Slumber  
Fundamentals of Sleep Medicine  
E-Book***

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***Sleep Disorders Medicine  
Sleep Medicine and Mental  
Health***

***A Comprehensive Handbook  
The Science of Sleep***

*A distinguished pediatrician  
and leading researcher in*

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*the field of sleep and children outlines his groundbreaking, step-by-step program to help parents ensure a good night's sleep for their children by working with*

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*their natural sleep cycles,  
explaining why adequate  
rest is essential in  
optimizing a child's health  
and development. Originally  
in paperback.*

*Sleep is essential to our*



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*health but it can be hard to get enough. Here, a seasoned neurologist reveals best practices, realistic approaches, and practical tips to help us all get a better night's rest. He*

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*reviews the latest studies,  
considers technologies and  
products that can help us,  
and offers advice for those  
who suffer from various  
disorders.*

*Formulate treatment plans*

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*with confidence when you consult SleepDisorders in Neurology, a helpful overview of both common and rare neurological disorders that are frequently accompanied by significant*

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*sleep disturbances. This concise guide explains when to consult a sleep specialist in managing a particular sleep disorder and draws on the expertise of neurologists who specialize in*

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*the disorders under discussion. This practical guide is fully illustrated and easily digested, providing a counterpoint to large encyclopedic reference volumes. The authors take*

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*you from historytaking and diagnostic testing, to pharmacological andnon-pharmacological treatment options, and are joined by diseasesub-specialists in the chapters on disease specific*

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*sleep disturbances and the effects of common neurological medications on sleep. This book is essential for sleep medicine specialists, as well as for clinicians and health care*

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*professionals not specifically trained in sleep medicine, but who nevertheless need to manage neurologically damaged patients with increasingly recognized sleep-*



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*wake disturbances.  
Sleep disorders represent a  
major portion of the chief  
complaints seen by  
pulmonologists and other  
physicians. Sleep apnea and  
hypopnea syndrome for*

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*example, are common disorders with significant adverse health consequences. Sleep apnea is associated with increased cardiovascular mortality, impaired quality of life and*

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*increased motor vehicle accidents. In addition, sleep apnea often co-exists with other chronic conditions including obesity, the metabolic syndrome, and tobacco use disorder.*

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*Patients with sleep-related conditions often present with non-specific complaints that require a broad and detailed knowledge of the wide range of sleep disorders. In Essentials of*

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*Sleep Medicine: An Approach for Clinical Pulmonology, a concise, evidence-based review of sleep medicine for the pulmonologist is presented. Providing a focused,*

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*scientific basis for the effects of sleep on human physiology, especially cardiac and respiratory physiology, chapters also outline a differential diagnosis for common sleep*

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*complaints and an evidence-based approach to diagnosis and management. This includes a review of the current standards of practice and of emerging technology and unresolved*

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*issues awaiting further research. Each chapter includes a summary of current research and outlines future research directions and issues. In all, Essentials of Sleep*



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*Medicine: An Approach for  
Clinical Pulmonology  
provides a clear diagnostic  
and management program  
for all the different sleep  
disorders, with a major  
focus on respiratory*

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*disorders of sleep, and includes key points and summaries. Developed by an international group of renowned authors, Essentials of Sleep Medicine: An Approach for*

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*Clinical Pulmonology is an invaluable resource for pulmonologists, respiratory care practitioners, polysomnographic technologists, graduate students, clinical*

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*researchers, and other  
health professionals seeking  
an in-depth review of sleep  
medicine.*

*An Approach for Clinical  
Pulmonology  
Sleep*

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*An Unmet Public Health  
Problem*

*Sleep Medicine*

*A Clinical and Research  
Guide*

*Sleep Medicine in Clinical  
Practice*

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From Meir H. Kryger, MD, the editor of the definitive resource in sleep, *Principles and Practice of Sleep Medicine*, comes the *Atlas of Clinical Sleep Medicine*. This highly illustrated atlas provides you with an exceptional visual aid to the most

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comprehensive, authoritative, and up-to-date information for diagnosing and treating adult and pediatric patients with sleep disorders. It is the first atlas that uses the new scoring rules, and reviews how to use the new AASM

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scoring manual that helps you score, interpret, and diagnose sleep disorders. Each chapter details the physiologic, clinical, morphologic, and investigational aspects of the full range of sleep disorders you encounter in everyday practice.



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Clinical information is presented in an easy-to-understand style, and the integration of color offers increased visual guidance. Plus, with Expert Consult functionality, you'll have easy access to the full text online, as well as all of the book's illustrations,

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more than 20 videos of patient interviews, over 40 sleep lab videos, and 200 plus polysomnogram fragments at [expertconsult.com](http://expertconsult.com). Includes access to the full-text online at [expertconsult.com](http://expertconsult.com), as well as all of the book's illustrations,

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more than 20 videos of patient interviews, including narcolepsy and restless leg syndrome, over 40 sleep lab videos, including obstructive sleep apnea and respiratory diseases, and 200 plus polysomnogram fragments. Uses the

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new scoring rules, and reviews how to use the new AASM scoring manual that helps you score, interpret, and diagnose sleep disorders. Covers the full range of sleep disorders so you can diagnose any condition you see. Features

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discussions of pediatric conditions such as pediatric congenital diseases so you can better diagnose and treat this special group.

Contains a wealth of high-quality polysomnograms taken from the latest machines used by institutions

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around the world. Emphasizes pharmacology and includes information about the latest drugs available as well as those in clinical trials to help you determine the best and most up-to-date drug therapy. Uses images and drawings to

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effectively describe the physiology of sleep medicine to help make difficult concepts easier to grasp. Offers a full-color compendium that combines the physiology of sleep with the relevant findings to present a complete picture of how sleep

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affects each body system. Uses a consistent, easy-to-follow chapter format that makes reference easy. This book serves as the primary reference for precision medicine in the fields of pulmonary, critical care and sleep medicine by documenting



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principles written by experts in several aspects of precision medicine. It combines fundamental concepts of the field with state-of-the-art studies and how they translate into individual preventive, diagnostic and therapeutic plans.

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Precision medicine is focused on the integration of individual variability with disease prevention and treatment principles derived from population studies. This concept has risen to prominence in recent years in parallel with advances in

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genetics, molecular diagnostics and novel target-specific therapies. This fundamental shift in the approach to treatment has broad implications in how we prevent, diagnose and treat disease. Describing key concepts of precision medicine and relating

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these to pulmonary, critical care and sleep disorders is essential to educate relevant stakeholders and increase the impact of pulmonary precision medicine. The book is organized into seven sections: introduction; genetics; biomarkers;

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precise phenotyping; mobile health, wearables and telemedicine; precision therapeutics; and enabling widespread adoption of precision medicine. The chapters are organized with an introduction to the specific theme, followed by its

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basic concepts. They then delve into how these basic concepts relate to the larger theme of precision medicine, new precision medicine approaches to dealing with these problems, and key takeaway points. Liberally illustrated with images,

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figures, and tables, the text is thorough and intuitive for clinicians and researchers to learn the processes and applications of precision medicine. This is an ideal guide for clinicians to learn new precision medicine concepts in the

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fields of genetics, genomics, mobile health, and how they apply to their practice and their patients, as well as researchers seeking a basic understanding of precision medicine to assist in designing future research studies.



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Sleep is a major component of good mental and physical health, yet over 40 million Americans suffer from sleep disorders. Edited by three prominent clinical experts, Behavioral Treatments for Sleep Disorders is the first reference to

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cover all of the most common disorders (insomnia, sleep apnea, restless legs syndrome, narcolepsy, parasomnias, etc) and the applicable therapeutic techniques. The volume adopts a highly streamlined and practical approach

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to make the tools of the trade from behavioral sleep medicine accessible to mainstream psychologists as well as sleep disorder specialists. Organized by therapeutic technique, each chapter discusses the various sleep disorders

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to which the therapy is relevant, an overall rationale for the intervention, step-by-step instructions for how to implement the technique, possible modifications, the supporting evidence base, and further

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recommended readings. Treatments for both the adult and child patient populations are covered, and each chapter is authored by an expert in the field. An extra chapter ("The use of bright light in the treatment of insomnia," by Drs. Leon Lack and

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Helen Wright) which is not listed in the table of contents is available for free download at: <http://www.elsevier.com/elsevierdirect.com/brochures/files/Bright%20Light%20Treatment%20of%20Insomnia.pdf> Offers more coverage than any volume on the market, with

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discussion of virtually all sleep disorders and numerous treatment types Addresses treatment concerns for both adult and pediatric population Outstanding scholarship, with each chapter written by an expert in the topic area Each

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chapter offers step-by-step description of procedures and covers the evidence-based data behind those procedures

The book provides an overview of the entire field of sleep medicine, from the basics of sleep physiology



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to the diagnosis and treatment of specific sleep disorders. It offers a valuable introduction to the field of sleep medicine, but also serves as a reference work on all aspects of clinical practice, including diagnosis, differential diagnosis and

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treatment of all relevant sleep disorders in children and adults. It starts by presenting sleep physiology and the classification of sleep disorders, and explains in detail all the relevant diagnostic measures in the field. Based on these

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introductory chapters, it discusses the relevant sleep disorders, including insomnia, sleep-related breathing disorders, hypersomnia, sleep-wake-rhythm disorders, parasomnia, sleep related movement disorders, and secondary sleep

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disorders, as well as various isolated symptoms. In addition, an entire chapter is dedicated to sleep disorders in children. Drawing on the long-time experience of five board-certified sleep physicians with different professional

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backgrounds, the book reflects the interdisciplinary nature of sleep medicine. It includes the current international classification systems as well as scoring rules and clinical guidelines. It is intended for physicians and therapists from

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various specialities, including internal medicine (e.g. pulmonology and cardiology), psychology, psychiatry, neurology, paediatrics, otorhinolaryngology and general medicine who are interested in sleep medicine. It also serves as a

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textbook in these specialties. To optimize its clinical value, a uniform structure is used for the various chapters, including practical tips, comprehension questions and clinical case presentations.

Behavioral Treatments for Sleep

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Disorders

Clinical Sleep Medicine

Oxford Textbook of Sleep Disorders

Advanced Surgical Techniques in  
Snoring and Obstructive Sleep

Apnea

Let's Talk about Sleep

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A Problem-Oriented Approach  
**Written by Richard Berry, MD,**  
**author of the popular Sleep Medicine**  
**Pearls, Fundamentals of Sleep**  
**Medicine is a concise, clinically**  
**focused alternative to larger sleep**  
**medicine references. A recipient of**

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**the 2010 AASM Excellence in Education award, Dr. Berry is exceptionally well qualified to distill today's most essential sleep medicine know-how in a way that is fast and easy to access and apply in your practice. Consult this title on your**

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**than 350 review questions. Get the answers you need quickly thanks to Dr. Berry's direct and clear writing style. Access the complete contents online at Expert Consult, including videos demonstrating parasomnias, leg kicks, and more.**

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**Advances in sleep medicine research are improving our clinical work for individuals with sleep problems. The aim of this book is to educate psychiatrists and other mental health professionals about the importance of understanding sleep disorders,**

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**including their bidirectional relationship with psychiatric conditions. This book consists of six major sections with seventeen chapters. It is led off by an introduction on the function of sleep, its neurophysiology, and types of**

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**sleep problems. Since insomnia represents a common and significant challenge for patients with psychiatric disorders, its clinical presentation and treatments are reviewed in the second section. Cognitive behavioral therapy for**

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**insomnia (CBT-I), mindfulness-based CBT, acceptance and commitment therapy (ACT), and the medication management of insomnia are reviewed. A third section addresses sleep related breathing disorders. The pathology of sleep**



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**apnea, its treatments, and  
therapeutic modalities to address  
non-compliance with positive  
pressure ventilation are reviewed.  
Other sleep disorders such as  
hypersomnia, circadian rhythm  
disorders, movement disorders and**

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**parasomnias are discussed in the fourth section. Since features of sleep disorders can vary by age, gender, and trauma history, a fifth section discusses the unique sleep problems associated with children, women, older adults, and veterans. The book**

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**concludes with a final section discussing how sleep disorders and psychiatric conditions overlap. We hope this book highlights the importance of understanding and addressing comorbid sleep disorders among individuals with psychiatric**

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**conditions. We are confident that this book will be valuable in helping clinicians improve the management of sleep disorders in their clinical practice.**

**A new addition to the Neurology in Practice series, Sleep Medicine in**

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**Neurology is a practical guide for neurologists diagnosing and managing sleep disorders in their patients. As a part of the series, various feature boxes are highlighted throughout. "Tips and Tricks" give suggestions on how to improve**

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**outcomes through practical  
technique or patient questioning. In  
addition, "Caution" warning boxes  
supply helpful advice on how to  
avoid problems and 'Science  
Revisited' boxes offer quick  
reminders of the basic science**

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**principles necessary for  
understanding the presented  
concepts.**

**This comprehensive volume provides  
a balanced and easily readable  
account of the rise of modern sleep  
medicine, its history and**

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**developmental milestones. Authored by an international group of experts, the remarkable progress and fascinating evolution from rudimentary concepts of the ancient prehistoric and early classical periods to our contemporary**



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**knowledge are covered in detail. These examples and their relationship to modern therapies offer neurologists, psychiatrists, respiratory specialists, clinicians, researchers and those interested in sleep medicine an important**

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**perspective to the origins of current practice.**

**The Parasomnias and Other Sleep-Related Movement Disorders  
Surgical and Non-Surgical Therapy  
Historical, Psychological, and  
Medical Perspectives**

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**Essentials of Sleep Medicine  
Mechanisms and Comprehensive  
Guide to Clinical Evaluation and  
Management  
A Pioneer in Sleep Medicine  
Explores the Vital Connection  
Between Health, Happiness, and a**

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## **Good Night's Sleep**

**Part of the trusted Kryger line of sleep medicine references, Kryger's Sleep Medicine Review, 3rd Edition, tests your knowledge with over 1,000 questions and answers. This**

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**unique review tool follows the updated AASM exam blueprint, providing authoritative guidance and current information on every aspect of sleep medicine. It's an invaluable resource for test**

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**prep and clinical practice, with updates to the classification system (ICSD3) and scoring manual, a new section on instrumentation, and questions related to key topics such as home sleep testing.**

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**Tests your knowledge with 540 in-book questions. All questions correspond to the blueprint of the newly updated AASM exam. Includes a new section on instrumentation and testing that covers**

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**electrical components and technical aspects of sleep devices as well as guidance on sleep study preparation and testing conditions. Features increased content on pediatrics and management of**



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**children transitioning into adulthood, with many new pediatric-specific cases and questions. Keys answers to the relevant sections of Dr. Kryger's Principles and Practices of Sleep Medicine as**

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**well as the Atlas of Clinical Sleep Medicine. Brings you up to date with recent changes in the exam through coverage of techniques for applying the new scoring rules, information on the latest classification**

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**definitions (ICSD-3), tips for passing the exam, and more. This book provides comprehensive coverage of all aspects related to pediatric sleep and its associated disorders. It addresses the**

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**ontogeny and maturational aspects of physiological sleep and circadian rhythms, as well as the effects of sleep on the various organ systems as a function of development. Organized into nine sections,**

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**the book begins with a basic introduction to sleep, and proceeds into an extensive coverage of normative sleep and functional homeostasis. Part three then concisely examines the humoral and**

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**developmental aspects of sleep, namely the emerging role of metabolic tissue and the intestinal microbiota in regulation. Parts four, five, and six discuss diagnoses methods, techniques in sleep**

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**measurement, and specific aspects of pharmacotherapy and ventilator support for the pediatric patient. Various sleep disorders are explored in part seven, followed by an in-depth analysis of obstructive sleep**

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**apnea in part eight. The book concludes with discussions on the presence of sleep issues in other disorders such as Down syndrome, obesity, cystic fibrosis, and asthma. Written by recognized leaders in the**



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**field, Pediatric Sleep Medicine facilitates an extensive learning experience for practicing physicians who encounter specific sleep-related issues in their practice. Successfully review sleep**

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**medicine whether you plan to improve your sleep medicine competency skills or prepare for the Sleep Medicine Certification Exam with this expanded review-and-test workbook that includes more**

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**than 1,400 interactive questions and answers. Now in full color throughout, Review of Sleep Medicine, 4th Edition, by Dr. Alon Y. Avidan, features a new, high-yield format designed to help you make the**

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**most of your study time, using figures, polysomnography tracings, EEG illustrations, sleep actigraphy and sleep diaries, tables, algorithms, and key points to explain challenging topics. Includes**

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**concise summaries of all  
aspects of sleep medicine  
clinical summaries from  
epidemiology, pathophysiology,  
clinical features, diagnostic  
techniques, treatment  
strategies and prognostic**

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**implications. Provides a library of assessment questions with comprehensive explanations to help you identify the reasoning behind each answer and think logically about the problems. Offers the expertise of a**

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**are often intimidated by a deluge of data, perception of anatomic complexity, extensive differential diagnoses, and often have no organized structure to follow. Diagnostic methods of general medicine**

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**are not applicable. Indeed, neurology is a unique specialty since it requires the intermediary step of an anatomic diagnosis prior to proffering a differential diagnosis. Yet the required**

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**primarily directed to neurology  
and neurosurgery residents  
but it will be useful for medical  
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local, regional and national sleep medicine courses. Dr Berry was awarded the AASM Excellence in Education Award in 2010.

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It is written by and for the wide variety of clinicians who encounter sleep disorders, including neurologists, pediatric neurologists, pulmonologists, pediatric pulmonologists, neuropsychologists, psychiatrists, and sleep laboratory technicians. Chapters

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follow a standardized template and include bulleted lists, tables, and clinical pearls. New chapters in this edition cover dreams, interpretation of the polysomnography report, pediatric surgical management of obstructive sleep apnea, and sleep scoring for both

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adults and pediatric patients. Also included is an overview chapter on comprehensive sleep medicine. Other highlights include updates on narcolepsy, parasomnias, and insomnia.

We often hear that humans spend one

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third of their lives sleeping—and most of us would up that fraction if we could. Whether we're curling up for a brief lunchtime catnap, catching a doze on a sunny afternoon, or clocking our solid eight hours at night, sleeping is normally a reliable way to rest our

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heads and recharge our minds. And our bodies demand it: without sufficient sleep, we experience changes in mood, memory loss, and difficulty concentrating. Symptoms of sleep deprivation can be severe, and we know that sleep is essential for

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restoring and rejuvenating muscles, tissue, and energy. And yet, although science is making remarkable inroads into the workings and functions of sleep, many aspects still remain a mystery. In *The Science of Sleep*, sleep expert Wallace B. Mendelson explains

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the elements of human sleep states and explores the variety of sleep disorders afflicting thousands of people worldwide. Mendelson lays out the various treatments that are available today and provides a helpful guide for one of life's most important activities.



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By offering the first scientific yet accessible account of sleep science, Mendelson allows readers to assess their personal relationships with sleep and craft their own individual approaches to a comfortable and effective night's rest. Addressing one

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## Advances in Treatment

Sleep Medicine is a field that attracts physicians from a variety of clinical backgrounds. As a result, the majority of sleep specialists who interpret sleep studies (PSG) do not have specialized training in neurophysiology and electroencephalography (EEG)

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interpretation. Given this and the fact that PSGs usually are run at a third of the speed of EEGs and that they usually have a limited array of electrodes, waveforms frequently appear different on the PSGs compared to the EEGs. This can lead to challenges interpreting certain unusual looking activity that may

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or may not be pathological. This Atlas of Electroencephalography in Sleep Medicine is extensively illustrated and provides an array of examples of normal waveforms commonly seen on PSG, in addition to normal variants, epileptiform and non-epileptiform abnormalities and common artifacts.

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This resource is divided into five main sections with a range of topics and chapters per section. The sections cover Normal Sleep Stages; Normal Variants; Epileptiform Abnormalities; Non-epileptiform Abnormalities; and Artifacts. Each example includes a brief description of each EEG together with

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its clinical significance, if any. Setting the book apart from others in the field is the following feature: Each EEG discussed consists of three views of the same page -- one at a full EEG montage with 30mm/sec paper speed, the same montage at 10mm/sec (PSG speed) and a third showing the same



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thing at 10 mm/sec, but with the abbreviated PSG montage. Unique and the first resource of its kind in sleep medicine, the Atlas of Electroencephalography in Sleep Medicine will greatly assist those physicians and sleep specialists who read PSGs to identify common and

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unusual waveforms on EEG as they may appear during a sleep study and serve as a reference for them in that capacity.

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offers advice on treating sleep disorders.

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Matters