



Principles and Practice of Sleep Medicine: Expert Consult Premium Edition - Enhanced Online Features and Print, 5e

By Meir H. Kryger MD, FRCPC, Thomas Roth PhD, William C. Dement MD PhD

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Principles and Practice of Sleep Medicine, 5th Edition, by Meir H. Kryger, MD, FRCPC, Thomas Roth, PhD, and William C. Dement, MD, PhD, delivers the comprehensive, dependable guidance you need to effectively diagnose and manage even the most challenging sleep disorders. Updates to genetics and circadian rhythms, occupational health, sleep in older people, memory and sleep, physical examination of the patient, comorbid insomnias, and much more keep you current on the newest areas of the field. A greater emphasis on evidence-based approaches helps you make the most well-informed clinical decisions. And, a new more user-friendly, full-color format, both in print and online, lets you find the answers you need more quickly and easily. Whether you are preparing for the new sleep medicine fellowship examination, or simply want to offer your patients today's best care, this is the one resource to use!

- Make optimal use of the newest scientific discoveries and clinical approaches that are advancing the diagnosis and management of sleep disorders.
- Stay on top of the hottest topics in sleep medicine with 56 new chapters, including:
 - Postpartum Sleep Disturbances
 - Fatigue Risk Management
 - What does Brain Imaging Reveal about Sleep Genesis and Maintenance?
 - Physician Examination of the Sleep Patient
 - Forensic Sleep Medicine
 - Pathophysiology and Models of Insomnia
 - Treatment of Insomnia: Developing Treatment Guidelines
 - Restrictive Lung Disorders
 - Sleep Medicine in the Elderly: Obstructive
 - Obstructive Sleep Apnea, Metabolic, and Renal Disorders
 - Sleep Apnea, Obesity and Bariatric Surgery

- Sleep and Renal Disease
- Theories of Dreaming
- Why We Dream
- Sleep, Stress, and Burnout
- Evaluating Sleep EEG and Sleep Stage Scoring
- And more
- Master the newest areas in the field with 5 new sections covering:
 - Sleep Mechanisms and Phylogeny
 - Genetics of Sleep
 - Physiology in Sleep
 - Occupational Sleep Medicine
 - Sleep Medicine in the Elderly
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- Find answers more easily thanks to a new user-friendly, full-color format.
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 - Follow links to PubMed abstracts for most bibliographical references.
 - Access regular updates reflecting important new clinical developments.
 - View video clips demonstrating key manifestations of sleep disturbances and interviews with sleep medicine pioneers and thought leaders.
 - Enhance your knowledge with hundreds of self-assessment questions.
 - Download patient education handouts in multiple languages.
 - Import all of the images and tables into PowerPoint.

The essential reference tool to manage and diagnose patients with sleep disorders.

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Editorial Review

From The New England Journal of Medicine

Principles and Practice of Sleep Medicine encompasses the pathophysiology, diagnosis, and treatment of disorders resulting from disruptions of the sleep-wake cycle and circadian rhythm. This is a relatively new area for medical practice. Some 50 years ago, rapid-eye-movement (REM) sleep was discovered by Eugene Aserinsky and Nathaniel Kleitman at the University of Chicago, and 25 years ago the first clinical center for sleep disorders in the United States was established in the department of psychiatry at Stanford University. Now, the obstructive sleep apnea syndrome, the restless-legs syndrome, and narcolepsy are recognized as common diseases requiring clinical resources and attention. Disorders such as insomnia (abnormal initiation and maintenance of sleep) or parasomnias (abnormal motor movements during sleep) have firm foundations in systems neuroscience research. A National Institutes of Health (NIH) program, the National Center for Sleep Disorders Research (<http://rover.nhlbi.nih.gov/about/ncsdr/index.htm>), was mandated by Congress in 1993 to assess intraagency research, propose and facilitate a research agenda, transfer technical information, and educate physicians and the public about sleep, chronobiology, and related disorders. The fiscal year 2000 estimate of NIH funding for this field was \$133 million.

This third edition of Sleep Medicine is by far the best in regard to editorial oversight, writing, and presentation. The attempt to bring together the ideas and the facts underlying the recognition and management of sleep disorders was successful. Disorders of interest to other specialty areas -- sleep apnea and pulmonary medicine, insomnia and psychiatry or psychology, and narcolepsy and neurology -- are covered in sufficient detail to satisfy knowledgeable clinicians in those specialties. Pediatric conditions, however, are covered in a separate publication (Richard Ferber and Meir Kryger, eds. Principles and Practice of Sleep Disorders in Children. Philadelphia: W.B. Saunders, 1995).

Certain sections, such as those on sleep-disordered breathing, narcolepsy, and insomnia, have improved incrementally with each edition. However, other sections, such as those on chronobiology and disorders of circadian rhythm and on cardiovascular disease, are far better now than in previous editions in regard to scope, basic science, and relevance to patient care. The information and references are as up to date as those in a textbook can be; even the breaking story of hypocretin (orexin) is discussed in a short paragraph on the pathogenesis of narcolepsy. Many of the chapters conclude with a short synopsis or conclusion section, something that I appreciated as a mnemonic device; these sections could be read first to orient the more casual or novice reader.

Clinical epidemiology is a relatively new concept for sleep medicine. As a result, those looking for evidence-based medicine or comparisons of treatment outcomes for common disorders -- sleep apnea, restless legs, and insomnia -- will find what little information is currently available. The need to incorporate formal approaches to recognition and treatment is acknowledged, as is the hope that such data will help overcome some of the prejudices (and ignorance) encountered in discussions of sleep disorders in teaching programs and in primary care. A strategy for recognizing the high prevalence of sleep disorders and achieving the goal of better sleep might result in improved outcomes for both patients and doctors.

This is, first of all, a textbook that is essential for trainees in sleep medicine and a standard reference for centers that see patients with sleep disorders. Yet the presentation and information will also be useful to those studying pulmonary medicine and neurology, in which knowledge of sleep disorders is a required

component of training programs approved by the Accreditation Council on Graduate Medical Education. The book could be a useful consultative tool for psychiatry, internal-medicine, and psychology training programs, as sleep problems and disorders are commonly encountered in the treatment of patients. For neuroscience programs, it could provide students and faculty with a concise review of the clinical problems and disorders relevant to basic-science research in sleep and circadian biology.

Kingman P. Strohl, M.D.

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Review

"More than a textbook - it is an experience ... A must-have for sleep professionals...an essential addition to the library of any clinician interested in learning more about how sleep medicine interrelates with nearly every field of medicine." - JAMA, review of the last edition

About the Author

Meir H. Kryger, MD, FRCPC, Professor of Medicine, University of Connecticut, Director of Research and Education, Gaylord Hospital Sleep Medicine, Wallingford, Connecticut

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William C. Dement, M.D., Ph.D., is the world's leading authority on sleep, sleep deprivation, and the diagnosis and treatment of sleep disorders. In 1970 he founded the world's first sleep disorders center at Stanford University. In 1975 he launched the American Sleep Disorders Association and served as president for its first twelve years. Each year since 1971 he has taught the popular "Sleep and Dreams" course at Stanford University and has written the first undergraduate textbook in the field. He was also chairman of the National Commission on Sleep Disorders Research, whose final report led directly to the creation of a new agency within the National Institutes of Health, the National Center on Sleep Disorders Research. He lives with his family in northern California.

Christopher Vaughan is the author of **How Life Begins: The Science of Life in the Womb**, named as one of the best books of 1996 by the National Association of Libraries. He lives in Palo Alto, California, with his wife and two children.

Users Review

From reader reviews:

Andrew Sessions:

Now a day people who Living in the era wherever everything reachable by talk with the internet and the resources included can be true or not need people to be aware of each facts they get. How people have to be smart in obtaining any information nowadays? Of course the answer is reading a book. Studying a book can help men and women out of this uncertainty Information mainly this Principles and Practice of Sleep Medicine: Expert Consult Premium Edition - Enhanced Online Features and Print, 5e book because this book offers you rich data and knowledge. Of course the details in this book hundred percent guarantees there is no doubt in it you may already know.

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