Clinical Sleep Disorders

This clinically focused, practical reference is a complete guide to diagnosing and treating sleep disorders.

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

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Sleep disorders are a potentially serious and very common concern, affecting up to one third of the US adult population. They may be primary, i.e., due to an intrinsic problem with the sleep-wake cycle, or secondary to an underlying medical condition. Primary sleep disorders are further divided into dyssomnias or parasomnias. Symptoms include difficulty falling asleep, difficulty remaining asleep, or abnormal behavior during sleep. Treatment may include improved sleep hygiene, phototherapy, and sedative pharmacotherapy. Sleep Disorders Online Medical Reference. Authored by Dr. Nancy Foldvary-Schaefer of the Cleveland Clinic. Disease Management Home. Sleep Disorders. Li Ling Lim, MD. Nancy Foldvary-Schaefer, DO, MS. Published: November 2012 Last Reviewed: May 2017. Contents. Definition. Pathophysiology.