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Sleep and the Heart, an Issue of Sleep Medicine Clinics Sleep Disorders and Sleep Deprivation Sleep Disorders in Neurology Sleep Medicine and Physical Therapy Essentials of Sleep Medicine Atlas of Sleep Medicine Dental Management of Sleep Disorders Modulation of Sleep by Obesity, Diabetes, Age, and Diet Primary Care Sleep Medicine Pharmacological Treatment of Mental Disorders in Primary Health Care Sleep Synopsis of Sleep Medicine Neural Control of the Respiratory Muscles Pediatric Pulmonology, Asthma, and Sleep Medicine Handbook of Sleep Medicine Sleep Apnea and Snoring E-Book Non-Invasive Respiratory Support, Third edition Drug-Induced Sleep Endoscopy Nocturnal Non-Invasive Ventilation Sleep—Wake Disorders Clinical Methods Handbook of nutrition, diet and sleep Non-Invasive Respiratory Support, Third edition Sleep/wake Disorders Making Sense of Sleep Medicine Sleep Disorders Medicine Surgery for Snoring and Obstructive Sleep Apnea Syndrome Sleep Issues in Neuromuscular Disorders Non-Invasive Respiratory Support Techniques Advanced PAP Therapies and Non-invasive Ventilation, An Issue of Sleep Medicine Clinics, E-Book Night Noise Guidelines for Europe Essentials of Sleep Medicine SIDS Sudden Infant and Early Childhood Death Sleep Hypoventilation: A State-of-the-Art Overview, An Issue of Sleep Medicine Clinics, Essentials of Sleep Medicine Principles and Practice of Sleep Medicine - E-Book Sleep Apnea and Snoring Sleep Medicine Sleep and Circadian Rhythms in the ICU, an Issue of Critical Care Clinics Sleep Disorders in Children

This book provides an overview of sleep and sleep disorders for practicing clinicians. Sleep disorders represent a major portion of the chief complaints seen by pulmonologists and other clinicians. 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 and their consequences. This concise, evidence-based review of sleep medicine offers a guide to pulmonologists, primary care physicians, and all clinicians involved in caring for patients with sleep disorders. Providing a focused, scientific basis for the effects of sleep on human physiology, especially cardiac and respiratory physiology, chapters also outline a differential diagnosis for common sleep 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 issues awaiting further research. In all, this book provides a clear diagnostic and management program for all the different sleep disorders and includes key points and summaries. This new edition expands the scope of the previous to include additional sleep disorders and the most affected populations. Six new chapters are added on health disparities in sleep medicine, models of care for patients with sleep disorders/care coordination, sleep disordered breathing in pediatric populations, sleep in hospitalized patients, sleep in pregnancy, and sleep in older patients. Essentials of Sleep Medicine is an invaluable resource for physicians, clinical psychologists, respiratory care practitioners, polysomnographic technologists, graduate students, clinical researchers, and other health professionals seeking an in-depth review of sleep medicine. The definitive resource on the innovative use of DISE for obstructive sleep apnea Obstructive sleep apnea is the most prevalent sleep-related breathing disorder, impacting an estimated 1.36 billion people worldwide. In the past, OSA was almost exclusively treated with Continuous Positive Airway Pressure (CPAP), however, dynamic assessment of upper airway obstruction with Drug-Induced Sleep Endoscopy (DISE) has been instrumental in developing efficacious alternatives. Drug-Induced Sleep Endoscopy: Diagnostic and Therapeutic Applications by Nico de Vries, Ottavio Piccin, Olivier Vanderveken, and Claudio Vicini is the first textbook on DISE written by world-renowned sleep medicine pioneers. Twenty-four chapters feature contributions from an impressive group of multidisciplinary international experts. Foundational chapters encompass indications, contraindications, informed consent, organization and logistics, patient preparation, and drugs used in DISE. Subsequent chapters focus on treatment outcomes, the role of DISE in therapeutic decision making and upper airway stimulation, pediatric sleep endoscopy, craniofacial syndromes, advanced techniques, and more. Key Highlights Comprehensive video library highlights common and rare DISE findings A full spectrum of sleep disordered breathing and OSA topics, from historic to future perspectives Insightful clinical pearls on preventing errors and managing complications including concentric and epiglottis collapse Discussion of controversial DISE applications including oral appliances and positional and combination therapies This unique book is essential reading for otolaryngology residents, fellows, and surgeons. Clinicians in other specialties involved in sleep medicine will also benefit from this reference, including pulmonologists, neurologists, neurophysiologists, maxillofacial surgeons, and anesthesiologists. Finally, a multi-disciplinary approach that covers both the surgical and non-surgical interventions for sleep apnea and snoring. From the editor of Operative Techniques in Otolaryngology, this new reference will quickly become the standard in surgery for this key area within otolaryngology. ., Full-color line drawings illustrate key concepts and create a comprehensive way of learning surgical techniques. Provides consistent, templated chapters and a contemporary, full-color format for quick, easy access to the most up-to-date surgical and non surgical interventions for sleep apnea and snoring. Includes contributions from leaders in neurology, pulmonology, psychiatry, otolaryngology, and oral & maxillofacial surgery. to create a truly multi-disciplinary approach. Covers new and innovative procedures including ZPP (Zeta palatopharyngoplasty), Transpalatal Advancement Pharyngoplasty and Minimally invasive submucosal glossectomy Details when and why surgery is necessary, and how to perform a successful operation for snoring and sleep apnea. 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. The field of non-invasive ventilation continues to expand rapidly since publication of the second edition of Non-Invasive Respiratory Support, new controversies have arisen and numerous practical guidelines have been issued. This expanded third edition with new international contributors has been fully revised and updated. It builds on the success of the highly-regarded previous editions, detailing the role of non-invasive ventilation (NIV) in acute and chronic ventilatory failure, and the outcome of the intervention across a wide range of respiratory disorders in adults and children. The book provides clear, step-by-step, evidence-based guidance on the practicalities of all the principal techniques, and advice is offered on indications for NIV, how to choose equipment, when to initiate therapy, and when to discontinue therapy. From a highly respected international author team, this book provides invaluable guidance to respiratory physicians, intensivists, anaesthetists, nurses, physiotherapists and medical technicians working in this area. This issue on Hypoventilation Syndrome covers a variety of topics such as Sleep hypoventilation: Diagnostic considerations and technological limitations, Pathophysiology of hypoventilation during sleep, Advances in PAP treatment modalities for hypoventilation syndromes, Scoring abnormal respiratory events on polysomnography during noninvasive ventilation, OHS Epidemiology and diagnosis, OHS outcomes, Non-PAP treatment modalities in OHS, Pulmonary overlap syndromes, Noninvasive ventilation during sleep in stable COPD and more! First published in 1997. The respiratory muscles are multifunctional muscles involved in other behaviors besides breathing -- from the protection of the upper airway to cognitive functions such as speech or singing. Neural Control of the Respiratory Muscles presents an overall consideration of how these muscles are regulated by the central nervous system in normal as well as in pathological situations. A group of 40 internationally recognized scientists and clinicians have collaborated to discuss current findings in the field and to identify areas of future development such as o The anatomical and functional organization of the respiratory muscles and the mechanics of the chest wall o Respiratory muscle control by the central nervous system during normal breathing and during disease states o Respiration during sleep, exercise, and locomotion o Respiratory muscle contribution to non-respiratory behaviors; interaction of the central pattern generator for respiration with other central pattern generators o Multifunctional nature of respiratory muscles and respiratory neurons of the central nervous system Although other texts exist that examine the control of breathing and other specialized topics considered in this volume, Neural Control of the Respiratory Muscles is the first major single-volume publication that takes a broad view of muscle control during non-respiratory behaviors and the coordination of respiration with non-respiratory behaviors. Effectively diagnose and manage adult and pediatric sleep disorders with help from Atlas of Sleep Medicine, the most comprehensive and detailed source of pictorial and video guidance available. A full-color design with an entirely new image collection and video segments facilitates the observation and interpretation of sleep-related events and recordings. Whether you are preparing for the sleep medicine fellowship examination, or simply want to offer your patients today's best care, this sleep medicine book is an ideal resource! Confidently treat sleep-related breathing disorders with a practical step-by-step approach to positive pressure titration, summarizing merits, demerits, dangers, and limitations. Observe, evaluate, and treat unusual, uncommon, and often unrecognized PSG patterns. See how clinical and PSG findings correlate in real time for various sleep disorders by watching video segments (new to this edition!) that show sleep movements and polysomnography data side by side. Visually reinforce your understanding of circadian dysrhythmias through dynamic hypnograms and a tantalizing pictorial display. Evaluate indications and choose appropriate dental appliances with step-by-step instruction and supporting video clips. Address undesired phenomena that occur in association with sleep with eight new unique vignettes with associated videos including a variety of parasomnias, cataplexy, and death from obstructive sleep apnea. Access the fully searchable text online including the complete image library, over two dozen videos, and more at Expert Consult. With 61 contributors The WHO Regional Office for Europe set up a working group of experts to provide scientific advice to the Member States for the development of future legislation and policy action in the area of assessment and control of night noise exposure. The working group reviewed available scientific evidence on the health effects of night noise, and derived health-based guideline values. In December 2006, the working group and stakeholders from industry, government and nongovernmental organizations reviewed and reached general agreement on the guideline values and key texts for the final document of the "Night noise guidelines for Europe". Considering the scientific evidence on the thresholds of night noise exposure indicated by "Lnight,outside" [L suffix night,outside] as defined in the Environmental Noise Directive (2002/49/EC), an Lnight, outside of 40 dB should be the target of the night noise guideline (NNG) to protect the public, including the most vulnerable groups such as children, the chronically ill and the elderly. "Lnight,outside" value of 55 dB is recommended as an interim target for the countries where the NNG cannot be achieved in the short term for various reasons, and where policy-makers choose to adopt a stepwise approach. These guidelines are applicable to the Member States of the European Region, and may be considered as an extension to, as well as an update of, the previous WHO "Guidelines for community noise" (1999). [Ed.] This issue of Sleep Medicine Clinics is edited by Drs. Brown and Shahrokh Javaheri and focuses on Advanced PAP Therapies and Non-invasive Ventilation. Article topics include: Current Positive Airway Pressure Device Technology: What's in the "black box?"; Testing the Performance of Positive Airway Pressure Generators: From Bench to Bedside; Treatment of Obstructive Sleep Apnea: Choosing the Best PAP Device; Treatment of Obstructive Sleep Apnea: Choosing the Best Interface; Treatment of Obstructive Sleep Apnea: Achieving Adherence and Dealing with Complications; Treatment of Hyperventilatory Central Sleep Apnea: Idiopathic, CHF, Cerebrovascular Disease, and High Altitude; Disordered Breathing Due to Chronic Opioid Use: Diverse Manifestations and Their Management; Obesity Hypoventilation Syndrome: Choosing the Appropriate Treatment for a Heterogeneous Disorder; Positive Airway Pressure Treatment in the Patient with Ventilatory Failure due to Neuromuscular Disease; Non-invasive Ventilation in Acute Ventilatory Failure; Domiciliary Non-invasive Ventilation for Chronic Ventilatory Failure; The Future of Positive Airway Pressure Technology. Expanded to include detailed information on pharmacologic and non-pharmacologic treatment, the Handbook of Sleep Medicine continues to offer a concise overview of the field for trainees and practitioners in the many disciplines that deal with sleep disorders. Chapters provide a broad introduction to sleep disturbances and associated comorbidities and discuss the major sleep disorders in terms of epidemiology, diagnostic criteria, differential diagnosis, assessment tools, management, and follow-up. Of special value are algorithms that provide a logical approach to evaluating sleep-related complaints. All chapters adhere to the new International Classification of Sleep Disorders (ICSD-2), which is outlined in an appendix with ICD-9 codes. Recent years have brought many significant changes to the field of sleep apnea and snoring, and this revised 2nd Edition keeps you up to date with every effective intervention. Sleep Apnea and Snoring: Surgical and Non-Surgical Therapy, 2nd Edition, takes a focused, multidisciplinary approach to all sleep apnea and snoring related illnesses, making it an outstanding reference for surgery in this key area within otolaryngology. New chapters, new techniques and procedures, and new contributing authors ensure that you're completely up to date. Covers recent topics such as transoral robotic assisted surgery, new techniques in nasal valve repair, and pediatric patients and sleep apnea. New chapters cover home sleep testing, lingual tonsil grading system, algorithms for surgery and for multi-level treatment, new techniques in nasal valve repair, and transoral robotic assisted surgery (TORS for OSA). New authors and associate editors provide a fresh perspective throughout the text. Includes contributions from leaders in neurology, pulmonology, psychiatry, otolaryngology, and oral and maxillofacial surgery to create a truly multi-disciplinary approach. Uses a consistent, templated, full-color format for quick, easy access to the most up-to-date surgical and non-surgical interventions for sleep apnea and snoring. Details when and why surgery is necessary, and how to perform a successful operation for snoring and sleep apnea. Introduction 'Bocca della Verità' or 'Mouth of Truth' is the logo of the Unit for the Study and Therapy of Sleep Respiratory Disorders at the University of Rome 'La Sapienza'. It was chosen because its round shape with surprised expression, small nose and open mouth mirrors the typical face of a patient with OSAS (pre-therapy). The stone (diameter 1.75 m) in fact represents the face of a screaming faun and was originally found in the Mercury Temple area. According to popular legend, anyone putting his hand in the mouth will have it cut off if he has told a lie. When I first became involved in the field of OSAS about ten years ago, I had no idea that this activity would become foremost in both my professional and my academic life. My curiosity was aroused when a patient of mine, an extremely fat patient, whom I had been following for a long time regarding a hearing problem, asked me for a prescription for CPAP. He had read in a newspaper that this device could solve his nocturnal respiration and diurnal hypersomnolence problems. Suddenly, I was confronted with documentation on snoring, OSAS, polysomnography, upper airway surgery, and positive pressure devices. I was then, and still am now, a Professor of Audiology. Audiology was and still is the object of my love, but it is mainly a speculative discipline. It involves physics, electronics, psychology, rehabilitation, and great possibilities for basic research. However, only rarely does an audiological patient obtain full satisfaction clinically. Patients with neurosensorially-based deafness can be rehabilitated, but with difficulty; conductive hearing loss is light and recovers automatically in most cases; in a few cases, the patient can be packed up and delivered to the ear surgeon or audioprosthesis technician. Vertigo is dramatic, but recovers spontaneously or after long-term rehabilitation, or it is categorized as a neurological symptom. Tinnitus is frustrating and the audiologist centers most of his time and energy on trying to convince the patient to forget it. In fact, it is very rare to see a patient affected by an audiological disease recover after intervention by an audiologist. Furthermore, most patients are either very old or very young. With OSAS patients, things are very different. The patient is usually at the peak of his life; he has serious disturbances in his social, familial, and working spheres; he is sedentary and is often a manager with a disordered lifestyle (does not partake in any sport; smokes and drinks too much), he has become irritable, apathetic, and is starting to worry about dying during the night or suffocating. He has been followed for years for his arterial hypertension and latent arrhythmia. He, or often she, is a snorer and, after complaints from their partner, sleeps in a separate room. His sex life is affected, and he often gets up during the night convinced that he has prostatic problems too. Unfortunately, for many years, no-one thought that these kinds of patients should consider consulting an otolaryngologist, and, at the same time, otolaryngologists never thought of taking care of this pathology. As soon I started to see the first cases and was able to solve their obstruction, the number of patients being referred grew

dramatically, as did my skill in this field. It was a really rewarding job. After years of hyperspecialistic practice, I returned to patient care in its entirety. Sometimes, a simple intervention such as nasal septoplasty or tonsillectomy, i.e., one of those interventions so often underestimated by more expert colleagues, was able to solve some of the serious problems of life. In the meantime, specific new techniques came into being: radiofrequencies, oral appliances, diode lasers, tongue suspension devices, while, at the same time, diagnostic instrumentation such as polysomnography became more flexible and could more easily be applied to obstructive disorders. By 1997, my department was in an uproar about OSAS since I had got most of my colleagues interested in becoming involved, and the first sponsor was my former chief, Roberto Filipo, who gave me his approval, space to work in, and encouragement to overcome all the problems. My other colleagues, and I would like to mention all of them here: Giorgio Bandiera, Maurizio Barbara, Gian Antonio Bertoli, Ferdinando D'Ambrosio, Elio De Seta, Simonetta Masieri, Antonio Minni, Simonetta Monini, Virgilio Pizzichetta, Mario Patrizi, Maurizio Saponara, and Antonino Sciuto, either directly or indirectly, also offered to put their experience into writing various sections for this book. A specific section was also organized at the Institute, and I was able to coordinate some of our residents who have recently taken on the task of apostles, spreading the knowledge they acquired on OSAS during their time with us to other hospitals in the region. I must mention them too, since very often they did most of the work, and in OSAS, that is a lot of work: Francesca Auriti, Angelo Clarici, Fulvio Di Fulvio, Arianna Mattioni, Angela Mollica, Maria Laura Panatta, Barbara Pichi, Raniero Pucci, Mario Rinaldi, Rocco Roma, Anna Sambito, Ilenia Schettino, Rocco Schettino, Emanuela Sitzia, Artur Zajmi, and others. The diagnosis and treatment of, and scientific research into, OSAS is a multidisciplinary task, and I succeeded in involving many professors from related disciplines at the hospital of the University 'La Sapienza': Carlo Cannella for Alimentation and Human Nutrition, Eugenio Gaudio for Anatomy, Giuseppe Calcagnini for Cardiology, Vincenzo Bonifacio and Debora Giannini for Endocrinology, Adolfo Francesco Attili for Gastroenterology, Franco Angelico for Internal Medicine, Giorgio Iannetti for Maxillo-Facial Surgery, Giuseppe Amabile for Neurology, Maria Pia Villa for Pediatrics, Alessandro Perrone and Ilio Cammarella for Pneumology, and Carlo De Dominicis for Urology. They used their experience in treating these patients and present their results in their contributions to this book. During the same period, the diagnosis and therapy of OSAS was spreading fast to all otolaryngological units at universities and hospitals throughout Italy. It was easy for me to share my enthusiasm, and thus we built up a network of close cooperation. Any otolaryngologist will know these contributors so well that it would be easy for him to find their papers in this book, but still I want to mention those who were closest in advising and helping me: Marco Fusetti from L'Aquila, Luigi D'Angelo and Vieri Galli from Naples, Pietro Ferrara, Riccardo Speciale and Salvatore Restivo from Palermo, Oskar Schindler from Turin, and Maurizio Maurizi and Vittorio Pierro from Rome. The time was now ripe to confront the world nomenclature on OSAS. The dream to share a rendezvous with all (or most of) the prominent people from all the disciplines involved in both the clinical and scientific research on OSAS was realized in 1997 at the 'ROMA OSAS - First International Conference on the Diagnosis and Therapy of Snoring and OSAS', which was followed by a second meeting in the year 2000, and a third in 2002. I only have to mention the names of the presidents of these conferences to testify to the high quality that was achieved: Giovanni Bonsignore, Gisle Djupesland, Roberto Filipo, Christian Guilleminault, Meir Kryger, Elio Lugaresi. It would be inappropriate to mention here only some of those who also took part, and there are too many to mention them all, since they are all equally important. I was very honored to ask them for and to receive papers for this book. Some of the abstracts presented at these conferences are also included in this book as highlights on various subjects, due to their particular relevance. And so, finally, you now know how this book was born. It is the collection of an enthusiastic beginner who persuaded his friends and/or colleagues from his department, his university, his country, and the entire scientific community, to submit papers on the basics and state-of-the-art of relevant topics regarding snoring and OSAS, which, hopefully, in its turn will help those other enthusiastic beginners who wish to improve their knowledge on the care of apneic patients. Also, even though many of the chapters are written by participants at the ROMA OSAS Conferences, this book is not an abstract volume of those meetings. It does, however, represent the scientific development unearthed on those occasions. For this reason, I think it would also be a valid textbook on OSAS from an otolaryngological point of view. After the many thanks due to the contributors, my final thanks must go to the person who had the patience to cooperate with me on the editorial work: Peter Bakker of Kugler Publications. My confrontations with him were often thorny, but we both had the same goal in mind: to offer you the best possible product. We hope that you will agree with us that this book will be a useful addition, both to your practice and to your continuing education. Mario Fabiani Respiratory support techniques for treating respiratory failure - including oxygen therapy, non-invasive ventilation (NIV) and continuous positive airway pressure (CPAP) - are used in a variety of healthcare settings, which include intensive care units, high dependency units, respiratory wards and the community. In response to national guidelines there are growing numbers of patients being considered for non-invasive respiratory support techniques, both as a short and long term treatment, resulting in an increasing number of healthcare professionals requiring knowledge and skills to provide care. Written for qualified healthcare professionals with experience of caring for patients with respiratory conditions, this text provides a practical guide to oxygen therapy, NIV and CPAP, clearly defining how and when the various treatments are used and including ideas on developing protocols to support practice. Sleep is considered one of the vital signs and has become an important public health issue in our society. Thus, sleep impacts on overall health and, conversely, certain common medical conditions can impair sleep. Emerging evidence, in conjunction with clinical experience, demonstrates that physical therapy improves several sleep disorders and also optimized sleep contributes to boost rehabilitation. As health care professionals, physical therapists are singularly concerned with well-being and need to be competent to instruct their patients to rest and sleep. This book discusses evidences of physiotherapy and sleep medicine. It elucidates the neurophysiological background and mechanisms for physiotherapeutic resources and techniques, directing the future for promising research in the area. Divided in seven sections, the work initially addresses the basic concepts of sleep and physiotherapy and its relation to practice, including the importance of sleep medicine for health. The second section focuses on the basic conceptions of physical therapists' understanding and working in clinical practice and research with sleep. The next section reviews the most common sleep disturbances such as insomnia, restless legs syndrome, and respiratory sleep disturbances. Special populations, spotlighting childhood and adolescence, women physiologic reproductive stages, sleep and gender, and sleep and pain interactions are also examined. Last sections discuss the physical therapy resources to improve sleep and to treat sleep disturbances. This title is an essential resource not only for graduate students, residents, health professionals and physiotherapists working in prevention and rehabilitation, but also for researchers interested in screening, diagnostic and treatment innovations. It is addressed to neurologists, sleep medicine specialists and physical educators as well. Sleep medicine encompasses an unusually board spectrum of contributions from biology, technology, and medicine. This volume summarizes the considerable mass of knowledge that has been accumulated in the field and imparts its major findings in a manner that is comprehensive yet not overwhelming. Edited by an eminent sleep researcher and with contributions from leading experts in the field, the volume provides a basic grounding in sleep medicine and covers the fascinating complexity of the field. It separates figure from ground for those who are newcomers to the field and who are seeking guideposts for further research. Sleep problems are frequently co-morbid with other medical conditions, and clinicians need to be alert to this interconnectedness and to recognize which difficulties are primary and which are not. Synopsis of Sleep Medicine will be a valuable tool for clinicians in many specialties for addressing diagnostic problems in sleep medicine. The volume is the first of its kind, rich yet comprehensive and focused and one that is sure to meet the needs of both basic and clinical research for some years to come. Formulate treatment plans with confidence when you consult Sleep Disorders in Neurology, a helpful overview of both common and rare neurological disorders that are frequently accompanied by significant 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 the disorders under discussion. This practical guide is fully illustrated and easily digested, providing a counterpoint to large encyclopedic reference volumes. The authors take you from history taking and diagnostic testing, to pharmacological and non-pharmacological treatment options, and are joined by disease sub-specialists in the chapters on disease specific 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 professionals not specifically trained in sleep medicine, but who nevertheless need to manage neurologically damaged patients with increasingly recognized sleep-wake disturbances. This issue provides a comprehensive update to Sleep Medicine in the Intensive Care Unit, with editors Vipin Malik and Teofilo Lee-Chiong assembling a line-up of key topics such as: Sleep Neurobiology and Critical Care Illness, Obesity Hypoventilation Syndrome and Respiratory Failure, Obstructive Sleep Apnea, Non-Invasive Ventilation in Critically Ill Patients, Restless Leg Syndrome, Sleep and Endocrine System, Congestive Heart Failure and Central Sleep Apnea, Circadian Dysrhythmias, Neuromuscular Disorders and Sleep in Critically Ill Patients, Perioperative Issues and Sleep Disordered Breathing, Seizures, and more! This is a practical and patient-complaint focused handbook, directed to motivate non-sleep experts and beginners in sleep medicine and technology. This book provides a basic review of the area of sleep, identifies some common patient presentations and illustrates the types of investigations that should be requested. With sleep and breathing problems being so common and affecting many other chronic clinical conditions, it is important that primary care and other general physicians as well as allied health practitioners have a greater appreciation of this area. This text is a valuable "go-to" handbook for the occasional "sleep" practitioner to refer to. Key Features: • Contains specially packaged with Specific Learning Objectives to each chapter followed by self-assessment questions, case scenarios, basic sleep monitoring techniques in detail with sample reports. • Provides direction to health care professionals who encounter patients with sleep and breathing disorders in their practice. • Uses algorithms and concept maps for dealing with specific symptoms. A guide to the techniques and analysis of clinical data. Each of the seventeen sections begins with a drawing and biographical sketch of a seminal contributor to the discipline. After an introduction and historical survey of clinical methods, the next fifteen sections are organized by body system. Each contains clinical data items from the history, physical examination, and laboratory investigations that are generally included in a comprehensive patient evaluation. Annotation copyrighted by Book News, Inc., Portland, OR The field of non-invasive ventilation continues to expand rapidly since publication of the second edition of Non-Invasive Respiratory Support, new controversies have arisen and numerous practical guidelines have been issued. This expanded third edition with new international contributors has been fully revised and updated. It builds on the success Sleep and the Heart, An Issue of Sleep Medicine Clinics, This book is both an exam guide to children's sleep medicine and a practical manual for diagnosis and management of sleep disorders in children. An overview of the most frequent sleep disorders encountered in newborns, infants, children and adolescents is provided. This book discusses the main sleep disorders in detail, including insomnia, respiratory disturbances, movement disorders during sleep, circadian rhythm disorders, parasomnias, and disorders associated with increased sleepiness. It also covers sleep disorders associated with neurological, psychiatric, and medical diseases. This book is divided into two parts. The first part is an introduction to childhood sleep physiology and pathology, epidemiology of sleep disorders, and diagnostic procedures. The second part describes the most frequent sleep disorders in greater depth. Sleep Disorders in Children is aimed at sleep researchers, pediatricians, child neurologists and child psychiatrists, as well as patient organizations and families with affected children. Sleep Disorders Medicine: Basic Science, Technical Considerations, and Clinical Aspects presents the scientific basis for understanding sleep. This book provides information on the diagnosis and treatment of a wide variety of sleep disorders. Organized into 28 chapters, this book begins with an overview of the cerebral activity of wakefulness and the cerebral activity of sleep. This text then discusses the effects on mental and physical health of non-rapid eye movement (NREM) sleep, rapid eye movement (REM) sleep, and all sleep. Other chapters consider the neurophysiology and cellular pharmacology of sleep mechanisms. This book discusses as well the physiologic changes that occur in both the autonomic and somatic nervous system during sleep. The final chapter deals with the application of nasal continuous positive airway pressure for the treatment of obstructive apnea in adults. This book is a valuable resource for neurologists, internists, psychiatrists, pediatricians, otolaryngologists, neurosurgeons, psychologists, neuroscientists, and general practitioners. Obtain practice-focused guidance on the diagnosis, evaluation and treatment of the most commonly encountered pediatric respiratory conditions, asthma-related difficulties, and sleep disorders -- Back cover. This comprehensive resource brings together the most current theories, evidence and best practice parameters for the use of nocturnal non-invasive ventilation (nNIV). Chapters focus on the application of acute and chronic nNIV in patients with cardio-respiratory disorders over a range of major medical settings. Updates on past and recent research in this field are highlighted. Authored by leading clinicians and investigators, Nocturnal Non-Invasive Ventilation provides practical and cutting-edge knowledge to physicians, researchers and allied health professionals on the front lines of treating cardio-respiratory and sleep disorders. This volume covers aspects of sudden infant and early childhood death, ranging from issues with parental grief, to the most recent theories of brainstem neurotransmitters. It also deals with the changes that have occurred over time with the definitions of SIDS (sudden infant death syndrome), SUDI (sudden unexpected death in infancy) and SUDIC (sudden unexpected death in childhood). The text will be indispensable for SIDS researchers, SIDS organisations, paediatric pathologists, forensic pathologists, paediatricians and families, in addition to residents in training programs that involve paediatrics. It will also be of use to other physicians, lawyers and law enforcement officials who deal with these cases, and should be a useful addition to all medical examiner/forensic, paediatric and pathology departments, hospital and university libraries on a global scale. Given the marked changes that have occurred in the epidemiology and understanding of SIDS and sudden death in the very young over the past decade, a text such as this is very timely and is also urgently needed. Primary Care Sleep Medicine – A Practical Guide was among the first books to address sleep medicine for a primary care audience. It remains the primary text oriented to the primary care physician with an interest in sleep disorders medicine. Since this title published, there have been many changes in the sleep field. A new text oriented towards supporting the primary care physician in the practice of sleep medicine is needed; an updated second edition of Primary Care Sleep Medicine – A Practical Guide could fill this knowledge gap. This second edition will include updated information on insomnia medications, post-traumatic stress disorders, home sleep testing protocols, complex sleep apnea and the defined role for primary care physicians in sleep medicine. This concise text provides a quick reference to clinically relevant material in both sleep medicine and neuromuscular medicine. Divided into ten chapters, the book begins by laying the foundation for understanding sleep issues in neuromuscular disorders and moves on to offering an overview of sleep disorders in various neuromuscular conditions. Chapters feature practical advice in managing sleep issues, including an overview of noninvasive ventilation. The final part of the book provides useful tables, charts, pictures and flow charts for quick reference in sleep medicine and neuromuscular medicine. Filling a critical gap in the literature, this guide helps anyone treating neuromuscular patients understand the basics of sleep and neuromuscular disorders and its management. This book provides an overview of sleep and sleep disorders for practicing clinicians. Sleep disorders represent a major portion of the chief complaints seen by pulmonologists and other clinicians. 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 and their consequences. This concise, evidence-based review of sleep medicine offers a guide to pulmonologists, primary care physicians, and all clinicians involved in caring for patients with sleep disorders. Providing a focused, scientific basis for the effects of sleep on human physiology, especially cardiac and respiratory physiology, chapters also outline a differential diagnosis for common sleep 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 issues awaiting further research. In all, this book provides a clear diagnostic and management program for all the different sleep disorders and includes key points and summaries. This new edition expands the scope of the previous to include additional sleep disorders and the most affected populations. Six new chapters are added on health disparities in sleep medicine, models of care for patients with sleep disorders/care coordination, sleep disordered breathing in pediatric populations, sleep in hospitalized patients, sleep in pregnancy, and sleep in older patients. Essentials of Sleep Medicine is an invaluable resource for physicians, clinical psychologists, respiratory care practitioners, polysomnographic technologists, graduate students, clinical researchers, and other health professionals seeking an in-depth review of sleep medicine. Sleep disorder is a rampant problem in the US, with over 40 million Americans currently diagnosed according to the NIH. There is a clear association between sleep disorder and a wide range of other human disorders – performance deficiencies, psychiatric illnesses, heart disease, obesity and more – but in spite of this there is not yet a convenient overview on the market detailing the impact of obesity, age, diabetes and diet on sleep duration and attendant health outcomes. This volume focuses on the interaction between sleep and these factors, with special attention being paid to the potential for neurological modulation of sleep via diet. The volume aids readers in understanding the role each of these factors plays in sleep architecture and its regulation by circadian biology and neurology. Aids in understanding the impact of age, diet, obesity and disease on sleep Offers focus on neurological changes that affect metabolism

Explores diabetes induced sleep problems Aid to understanding the multifactorial causes of age-related sleep dysfunction Addresses selected studies of nutraceuticals affecting sleep for potential application clinically Discusses major impact on sleep disorders by caffeine and alcohol On average people spend one third of their life sleeping. An understanding of the physiology and pathophysiological changes that take place during this time is, therefore, essential to the medical care of patients. Sleep disorders can arise from a variety of causes including respiratory, psychiatric and neurological conditions, as well as pain and lifestyle changes. Consequently, their understanding is pertinent to a wide range of clinicians who require an overview of their diagnosis and treatment. Written by one of the UK's leading authorities on sleep medicine, Sleep Medicine: A Guide to Sleep and its Disorders presents a practical guide to the clinical problems related to sleep disorders. An experienced author, John Shneerson writes concisely and presents the information in a most accessible way. The text is clearly organised and full use has been made of tables and line diagrams. Whilst the body of the text is clinical in approach, the scientific basis of sleep and sleep medicine and the technical aspects of sleep investigations are explained fully. The book is divided into three sections. The first group of chapters considers the fundamentals of sleep, the effects of drugs on sleep and how to assess sleep complaints. The main body of the book consists of chapters on individual sleep disorders. Each of these has a structured approach, outlining both assessment and treatment. Insomnia, excessive daytime sleepiness, awareness during sleep and behavioural abnormalities are covered. The final chapters deal with the important respiratory consequences of upper airway dysfunction, changes in the control of breathing during sleep and the social implications of sleep problems. Sleep medicine is a fast developing discipline which interfaces with many of the medical specialties. Sleep Medicine: A Guide to Sleep and its Disorders enables doctors and other health professionals to access recent advances ensuring that their patients receive the optimum treatment for their sleep disorders. Sleep disorders represent a major portion of the chief complaints seen by pulmonologists and other physicians. Sleep apnea and hypopnea syndrome for example, are common disorders with significant adverse health consequences. Sleep apnea is associated with increased cardiovascular mortality, impaired quality of life and increased motor vehicle accidents. In addition, sleep apnea often co-exists with other chronic conditions including obesity, the metabolic syndrome, and tobacco use disorder. 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 Sleep Medicine: An Approach for Clinical Pulmonology, a concise, evidence-based review of sleep medicine for the pulmonologist is presented. Providing a focused, scientific basis for the effects of sleep on human physiology, especially cardiac and respiratory physiology, chapters also outline a differential diagnosis for common sleep 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 issues awaiting further research. Each chapter includes a summary of current research and outlines future research directions and issues. In all, Essentials of Sleep 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 disorders of sleep, and includes key points and summaries. Developed by an international group of renowned authors, Essentials of Sleep Medicine: An Approach for Clinical Pulmonology is an invaluable resource for pulmonologists, respiratory care practitioners, polysomnographic technologists, graduate students, clinical researchers, and other health professionals seeking an in-depth review of sleep medicine. A unique resource on sleep medicine Written by contemporary experts from around the world, Sleep: A Comprehensive Handbook covers the entire field of sleep medicine. Taking a novel approach, the text features both syndrome- and patient-oriented coverage, making it ideally suited for both clinical use and academic study. Sleep: A Comprehensive Handbook begins with a brief introduction to the basic science of sleep, from neurobiology to physiologic processes. This leads into sections offering comprehensive coverage of insomnia, sleep apnea, narcolepsy, parasomnias, movement disorders, and much more. Sleep and related disorders are also discussed, followed by chapters on considerations for special patient groups. Special materials for practitioners include a sample interview and questionnaire as well as a chapter on operating and managing a sleep center. The text concludes with discussions of sleep assessment methods such as polysomnography, actigraphy, and video EEG monitoring. With full coverage of over 100 key topics in sleep medicine, Sleep: A Comprehensive Handbook offers the most practical, thorough, yet handy resource available on adult and pediatric sleep medicine. Praise from the reviews: "...no other publication in the field can begin to compare with the breadth or depth of the 'Handbook'...I cannot imagine a functioning sleep disorders clinic without at least one copy on standby as a ready reference." PscyCRITIQUES "Sleep: A Comprehensive Handbook is a first-rate textbook with concise, up-to-date information covering a wide range of subjects pertinent to the practice of sleep medicine." DOODY'S HEALTH SERVICES Sleep-wake disorders frequently give rise to severe ailments and varied distresses in a great number of people in the world, disturbing their physical and mental activities and their social function. Sleep-wake disorders are now classified into a great number of categories according to their clinical features and etiological factors. Patients with sleep-wake disorders are taken care of not only by specialists for such disorders but also by general physicians and specialists of different physical and mental disorders. In the recent years, the nature of sleep and sleep-wake disorders have been intensively studied by investigators belonging to different fields of science including medicine, biology, and psychology in many countries. It is very important for the progress of research that investigators working in the related fields in different countries meet together and exchange their findings and ideas. The Japanese-German International Symposium on Sleep-Wake Disorders was held on October 9-10th, 1996 in the old, beautiful city of Erfurt (Germany). This symposium was organized by Professor Karlheinz Meier-Ewert (Schwalmstadt, Germany) and Dr. Masako Okawa (Ichikawa, Japan), with support of the German Society of Sleep Research (President at that time, Professor J. H. Peter) and of the Japanese Society of Sleep Research (President at that time, Professor Y. Hishikawa). This manual attempts to provide simple, adequate and evidence-based information to health care professionals in primary health care especially in low- and middle-income countries to be able to provide pharmacological treatment to persons with mental disorders. The manual contains basic principles of prescribing followed by chapters on medicines used in psychotic disorders; depressive disorders; bipolar disorders; generalized anxiety and sleep disorders; obsessive compulsive disorders and panic attacks; and alcohol and opioid dependence. The annexes provide information on evidence retrieval, assessment and synthesis and the peer view process. Clinical practice related to sleep problems and sleep 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 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, 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 patients—sleep disorders reach across all ages and ethnicities. Sleep Disorders and Sleep Deprivation presents a structured analysis that explores the following: Improving awareness among the general public and health care professionals. Increasing investment in interdisciplinary somnology and sleep medicine research training and mentoring activities. Validating and developing new and existing technologies for 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 limited capacity of the health care enterprise to identify and treat the majority of individuals suffering from sleep problems. Emerging literature and research have currently shown that sleep, sleep disturbances, diet and nutrition are interlinked in numerous ways. For example, sleep deprivation alters food intake and snacking behaviour. On the other hand, dietary restriction and obesity alter sleep. Specific nutrients such as caffeine and alcohol also affect sleep. Furthermore, variations in these relationships differ with respect to age, gender and state of health. There is a connection between sleep and disordered nutrition as defined by conditions such as diabetes and metabolic syndrome. This book demonstrates that disruptive sleep patterns can be remedied by appropriate dietary or nutritional changes including the usage of supplements. The contribution of sleep to our daily lives is not yet fully understood, but it is clear that its impact should not be underestimated. This handbook discusses the important relationship between diet and nutrition and disruptive or abnormal sleep in the sub-clinical or clinical setting. Authorities in the field offer a wide range of scientifically sound perspectives and approaches of the link between sleep, nutrition and diet. Dental Management of Sleep Disorders focuses on the dentist's role in treating patients with sleep problems, chiefly sleep disordered breathing and bruxism. A practical clinical book, Dental Management of Sleep Disorders highlights the background to these problems, discusses the dentist's role in their diagnosis and treatment, and outlines clinical strategies and guidance. The book features a full discussion of the use of appliances, an overview of current treatment modalities, and investigates the relationship of sleep disorders to dental and orofacial causes.

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