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Emmanuel H. During, M.D., Clete A. Kushida, M.D., Ph.D.

Management of Sleep Disorders in Psychiatry Amit Chopra, Piyush Das (MD), Karl Doghramji, 2020 Management of Sleep Disorders in Psychiatry provides the most comprehensive and evidence-based review or the clinical management of DSM-V® based sleep-wake disorders in patients with psychiatric disorders. Readers will be informed on the basics of sleep medicine, clinical features and treatment of DSM-V® sleep-wake disorders, and evidence-based management of sleep disorders commonly associated with a range of DSM-V® based psychiatric disorders. This is a clinically oriented book that provides case vignettes, key clinical pearls, and a self-assessment section to help readers prepare themselves for board and certification exams. Intended for psychiatry trainees and practitioners, this book could also prove useful for clinical psychologists, behavioral sleep medicine specialists, general sleep practitioners, sleep specialists and neurologists due to its wide range of clinical topics. Book jacket.

Sleep Disorders Nancy Foldvary-Schaefer DO, Madeleine Grigg-Damberger MD, Reena Mehra MD, 2019-09-17 The second edition of Sleep Disorders: A Case a Week from Cleveland Clinic continues to offer a practical approach to the introduction of sleep medicine via an easy-to-use and concise volume that uses actual patient cases from the Cleveland Sleep Disorders Clinic. This edition includes new features, such as multiple choice questions, more than 30 enhanced patient and polysomnogram videos, and a wealth of high quality polysomnographic tracings. Printed in 4-color for the first time, this book uses various imaging techniques, like clinically relevant radiography and neuroimaging, in the diagnosis and treatment of sleep disorders, serving as a resource for medical students, residents, and experienced clinicians to hone their diagnostic skills. 52 chapters - a case a week - are written to illustrate the signs and symptoms, diagnostic criteria, workup, and routine treatment of unique patient cases presented to the sleep clinic. With updates covering comprehensive discoveries, an extensive focus on comorbidities, and typical and atypical presentations of sleep disorders, this book is a valuable guide to the latest discoveries in sleep medicine.

Sleep Medicine Harold R. Smith, Cynthia Comella, Birgit Högl, 2008 Sleep disorders exact a high toll on society in terms of diminished quality of life, reduced productivity and cost to medical services. This book guides the reader through the basic science of sleep and how to evaluate individuals suffering from sleep irregularities. Complex features of sleep disorders are then discussed, including parasomnias, sleep apnea, night terrors and restless legs syndrome. The book also looks at how

these sleep abnormalities can affect individuals with other psychiatric disorders such as epilepsy, depression and anxiety disorders. Covering disorders from insomnia to narcolepsy, and specialty areas from pediatric to geriatric, this wide ranging and accessible guide allows non-sleep specialists to approach and understand important information that is clinically relevant in everyday practice. Illustrated with summary tables, figures and treatment algorithms, this book will be a useful guide for neurologists, psychiatrists, psychologists, pulmonologists and internists as well as health care professionals in training.

Sleepy or Sleepless Raman K. Malhotra, 2015-07-22 This concise text takes a symptom-based approach to evaluate and treat sleep disorders. Divided into two sections, this book emphasizes practical information in the patient history and physical, the latest screening techniques and common sleep disorders that either cause sleepiness, insomnia, or restless sleep. Chapters cover the epidemiology, pathophysiology, diagnosis and treatment of major sleep disorders and incorporate new classification systems from the International Classifications of Sleep Disorders, 3rd Edition and the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). Sleepy or Sleepless provides a solid foundation to clinicians who want to better evaluate patients with sleep-related complaints.

A Case a Week: Sleep Disorders from the Cleveland Clinic Nancy Foldvary-Schaefer, Jyoti Krishna, Kumaraswamy Budur, 2010-08-26 Offering a practical approach to the introduction of sleep medicine, this easy-to-use, concise volume uses actual patient cases from the Cleveland Clinic Sleep Disorders Center. A wide spectrum of diagnoses are included to expose the reader to the extensive range of sleep-wake disorders that a patient can experience. Written in a concise format designed to illustrate the signs and symptoms, diagnostic criteria, workup and routine treatment of patients presenting to the sleep clinic, this volume serves as a practical text perfect for the busy primary-care practitioner seeking to improve her knowledge of sleep-wake disorders. Whenever possible, tracings from diagnostic tests, photography, and video clips are provided to enhance clinical presentations and to aid in recognition of abnormities identified in the sleep laboratory.

Sleep Disorders S. R. Pandi-Perumal, Damien Leger, 2006-12-13 Sleep disorders can have substantial impact on public health through the disruption of education, work, and the quality of life for affected patients. The substantial breakthroughs in sleep research and sleep medicine now being made are influencing public health approaches to these disorders. The first text to review how the modern approach to sleep medicine can improve public health, this clearly presented work focuses on the emerging challenges and public health consequence of sleep and wake dysfunctions, and is fully up to date with modern sleep research. Written by leading international authorities, Sleep Disorders provides essential information to sleep specialists, psychiatrists, neurologists, public and population health physicians, and national and international health public policy makers.

Sleep Medicine and Mental Health Karim Sedky,Racha Nazir,David Bennett,2020-07-22 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, 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 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 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 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 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 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 conditions. We are confident that this book will be valuable in helping clinicians improve the management of sleep disorders in their clinical practice.

Sleep Medicine John M. Shneerson, 2009-02-12 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.

Clinical Sleep Medicine Emmanuel H. During, M.D., Clete A. Kushida, M.D., Ph.D., 2020-07-29 The importance of sleep for well-being and general and mental health is increasingly being recognized. Sleep complaints are commonly associated with mental disorders and are even part of the diagnostic criteria for some of them, such as mood and anxiety disorders and PTSD. The relationship between sleep and psychiatric disorders is intertwined and, in some cases, bidirectional. Anxiety, psychosis, and depression often result in reduced sleep quality (sleep fragmentation, experience of unpleasant, unrefreshing sleep), quantity (increased or reduced), or pattern (changes in sleep schedule, loss of sleep consistency). Reciprocally, sleep disorders can contribute to the exacerbation of psychiatric symptoms and independently affect the prognosis. Finally, most psychotropic drugs have an effect on sleep and arousal and can aggravate a preexisting sleep abnormality. This book aims to familiarize readers with current knowledge on the mutual effects of sleep and mental health and provide an integrated framework for students, clinicians, and researchers. Throughout its 18 chapters, it discusses the six main categories of sleep disorders: insomnia (Chapters 3-5), hypersomnia (Chapters 6-7), sleep-disordered breathing (Chapters 8-11), circadian disorders (Chapters 12-13), parasomnias (Chapters 14-16), and sleep-related movement disorders (Chapters 17-18)--

Therapy in Sleep Medicine E-Book Teri J. Barkoukis, Jean K. Matheson, Richard Ferber, Karl Doghramji, 2011-10-31 Therapy in Sleep Medicine, by Drs. Teri J. Barkoukis, Jean K. Matheson, Richard Ferber, and Karl Doghrami, provides the clinically focused coverage you need for rapid diagnosis and effective treatment of sleep disorders. A multidisciplinary team of leading authorities presents the latest on sleep breathing disorders (including obstructive sleep apnea), neuropharmacology, parasomnias, neurologic disorders affecting sleep, sleep therapy for women, sleep therapy in geriatric patients, controversies, and future trends in therapy in a highly illustrated, easy-to-follow format. Diagnose and treat patients effectively with complete coverage of the full range of sleep disorders. Find diagnostic and treatment information quickly and easily thanks to a highly illustrated, easy-to-read format that highlights key details. Stay current on discussions of hot topics, including sleep breathing disorders (including obstructive sleep apnea), neuropharmacology, parasomnias, neurologic disorders affecting sleep, sleep therapy for women, sleep therapy in geriatric patients, controversies, and future trends in therapy. Tap into the expertise of a multidisciplinary team of leading authorities for well-rounded, trusted guidance.

<u>Clinical Manual for Evaluation and Treatment of Sleep Disorders</u> Martin Reite, Michael P. Weissberg, John Ruddy, 2009 Comprehensive and conveniently portable, this work offers clinicians a concise, step-by-step method of differential diagnosis for some of the most common sleep complaints encountered in today's professional clinical practices.

Sleep Psychiatry Alexander Golbin, Howard Kravitz, Louis G. Keith, 2004-10-19 Sleep medicine is a growing field. As is often the case in any rapidly expanding field, the literature has become abundant and often controversial. At the same time, specialized textbooks, manuals, periodicals, and papers are not easily accessible and are difficult to interpret for the practical

needs of general practitioners, psychiatrists, and ot

Sleep Medicine in Clinical Practice, Second Edition Michael H. Silber, Lois E. Krahn, Timothy I.

Morgenthaler,2010-09-22 Co-authored by a neurologist, a psychiatrist, and a 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 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 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 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, psychiatrists and internists.

Fundamentals of Sleep Medicine - E-Book Richard B. Berry, Mary H. Wagner, Scott M. Ryals, 2024-06-30 Master the basics of sleep medicine with this easy to read, award-winning text! Fundamentals of Sleep Medicine, 2nd Edition, by Drs. Richard B. Berry, Mary H. Wagner, and Scott M. Ryals, is an ideal resource for sleep medicine fellows and trainees, sleep technicians, and sleep medicine practitioners as a concise, clinically focused alternative to larger references. Beginning with core content, it then proceeds to information useful for everyday practice—all written in a clear, direct style designed for quick and easy access. - Features video content that demonstrates common sleep disorders - Includes more than 350 updated multiple-choice questions and answers for self-assessment and board preparation - New! Offers concise Key Points at the end of each chapter, expanding on information from Drs. Berry and Wagner's popular book Sleep Medicine Pearls to enhance your understanding - Provides updated references to AASM scoring guidelines and diagnostic criteria for sleep disorders - Illustrated with numerous diagrams, charts, and polysomnograms (sleep studies) to clarify complex concepts - Any additional digital ancillary content may publish up to 6 weeks following the publication date

Review of Sleep Medicine E-Book Alon Y. Avidan, Teri J. Barkoukis, 2011-08-06 Review of Sleep Medicine, by Drs. Alon Avidan and Teri Barkoukis, prepares you for the ABSM exam with a comprehensive review-and-test format that includes figures, tables, and lists highlighting key points. With content revised to match the new exam and updated coverage of pharmacology and sleep medicine, insomnias, parasomnias, sleep-related breathing disorders, and more, you'll stay current on recent developments in the field. Effectively prepare for the ABMS sleep exam using case-based multiple-choice and fact-testing questions that parallel those on the test. Identify the reasoning behind each answer with comprehensive explanations so you know how to think logically about the problems. Quickly review crucial material with succinct summaries of all aspects of working with the sleep disordered patient. Master the content tested on the exam through explanatory high-yield tables and charts, sleep stage scoring, and an artifacts and arrhythmias mini-atlas. Tap into the expertise of a

multidisciplinary team of recognized leaders ranging from world-renowned sleep researchers to sleep clinicians and educators. Updated coverage of the latest advances in sleep medicine for pharmacology, tools in clinical sleep medicine, sleep disorders, and much more. Brand new chapters in: Sleep Breathing Disorders Cardiovascular Pathophysiology Evaluating Epilepsy Pearls of Pediatric Sleep Cardiopulmonary Disorders Neurological Sleep Disorders Sleep-Wake Disorders Clinical Case Studies II Knowing Practice Parameters

Principles and Practice of Sleep Medicine - 2 Volume Set Meir H. Kryger,2021-12-15 Offering today's most authoritative, comprehensive coverage of sleep disorders, Kryger's Principles and Practice of Sleep Medicine, 7th Edition, is a must-have resource for sleep medicine specialists, fellows, trainees, and technicians, as well as pulmonologists, neurologists, and other clinicians who see patients with sleep-related issues. It provides a solid understanding of underlying basic science as well as complete coverage of emerging advances in management and treatment for a widely diverse patient population. Evidence-based content, hundreds of full-color illustrations, and a wealth of additional resources online help you make well-informed clinical decisions and offer your patients the best possible care. Contains new chapters on sleep in intersex and transgender individuals; sleep telemedicine and remote PAP adherence monitoring; and sleep and the menstrual cycle, as well as increased coverage of treatment and management of pediatric patients. Includes expanded sections on pharmacology, sleep in individuals with other medical disorders, and methodology. Discusses updated treatments for sleep apnea and advancements in CPAP therapy. Offers access to 95 video clips online, including expert interviews and sleep study footage of various sleep disorders. Meets the needs of practicing clinicians as well as those preparing for the sleep medicine fellowship examination or recertification exams, with more than 950 self-assessment questions, answers, and rationales online. Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices.

Sleep Disorders in Neurology Sebastiaan Overeem, Paul Reading, 2018-06-25 The acclaimed guide to quickly and confidently diagnosing and treating sleep disorders in neurological disease—now with more algorithms and tables The diagnosis and treatment of sleep disorders can be extremely challenging for physicians, especially when there is underlying neurological disease. In addition to the primary sleep disorders, there is a growing clinical interest in sleep disturbances associated with common neurological disorders such as Parkinson's disease. This updated and expanded edition of the critically acclaimed Sleep Disorders in Neurology: A Practical Approach provides doctors with expert recommendations and clear guidance on identifying sleep disorders in patients suffering from neurological diseases and providing effective treatment plans. In creating this Second Edition doctors Overeem and Reading made every effort to further enhance the practical approach of the first edition by adding additional algorithms and tables to assist physicians in more rapid decision making. In addition, they expanded the content to include greater coverage of primary sleep disorders. Classification and

diagnosis chapters have been revamped to follow the 3rd International Classification of Sleep Disorders. Offers physicians, with a practical approach to diagnosing and treating complex sleep disorders Draws on the expertise of neurologists who specialize in the disorders under discussion Features quick-access algorithms that help physicians rapidly diagnose and treat primary and secondary sleep disorders with confidence Provides guidance on when to consult a sleep specialist in managing a particular sleep disorder and Written by a multinational author team who provide a wider perspective and range of clinical experience Sleep Disorders in Neurology: A Practical Approach, Second Edition is an essential resource for sleep medicine specialists, as well as 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.

Principles and Practice of Sleep Medicine E-Book Meir H. Kryger, Thomas Roth, William C. Dement, 2015-12-29 For nearly 30 years, Dr. Meir Kryger's must-have guide to sleep medicine has been the gold standard in this fast-changing field. This essential, full-color reference includes more than 20 unique sections and over 170 chapters covering every aspect of sleep disorders, giving you the authoritative guidance you need to offer your patients the best possible care. Evidence-based content helps you make the most well-informed clinical decisions. An ideal resource for preparing for the sleep medicine fellowship examination. New content on sleep apnea, neurological disorders, legal aspects of sleep medicine, dental sleep medicine genetics, circadian disorders, geriatrics, women's health, cardiovascular diseases, and occupational sleep medicine, keeps you fully up to date. Updates to scientific discoveries and clinical approaches ensure that you remain current with new knowledge that is advancing the diagnosis and management of sleep disorders.

Principles and Practice of Sleep Telemedicine Christine Won, Meir H. Kryger, 2024-04-09 Today more than ever, sleep specialists can take advantage of innovative telemedicine technologies for optimal treatment of sleep disorders. In recent years, the American Academy of Sleep Medicine (AASM) has been committed to advancing the adoption of telemedicine in order to improve access to high-quality, patient-centered care. Principles and Practice of Sleep Telemedicine is the first reference of its kind to provide direction to sleep physicians on using telemedicine in clinical practice. In a single convenient volume, this new resource serves as a step-by-step guide for practitioners to effectively treat and diagnose their patients in this contemporary clinical setting. - Presents the knowledge and expertise of Dr. Christine Won, who has served in the AASM's development of updated telemedicine guidelines, and renowned author and sleep medicine expert Dr. Meir Kryger - Covers the telemedicine topics that sleep medicine practitioners most want to know—not only clinical topics on virtual interaction with patients, but also logistical, technical, and administrative details - Includes resources for setting up a telemedicine service, information on legal and regulatory issues, and insight on how COVID-19 has changed the telemedicine landscape - Contains pearls and advice on common pitfalls practitioners are likely to encounter when administering virtual patient care, provided by pioneers in the field of telemedicine

Sleep Medicine Teofilo Lee-Chiong,2008-04-24 Sleep Medicine is one of the fastest growing fields of medicine and of strong interest to neurologists, psychiatrists, psychologists, pulmonologists, otolaryngologists, and the technologists who perform sleep studies. Almost all of the major medical centers in the US now have centers for sleep disorders. In 2007, sleep medicine will become an official medical subspecialty, with board examinations being administered by the American Board of Medical Specialties. Sleep Medicine: Essentials and Review will cover this new field by providing a book that can be used both as a practical, outline-style text for managing sleep disorders and as a high yield review for preparing for the sleep medicine board exam. In addition to the text, the author will include 150 board-type multiple choice questions with answers and explanations. Dr. Lee-Chiong is a major authority in the field and author of a comprehensive sleep medicine textbook.

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