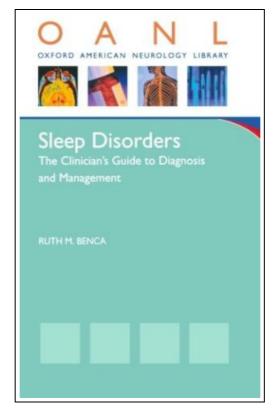
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SLEEP DISORDERS: THE CLINICIAN S GUIDE TO DIAGNOSIS AND MANAGEMENT (PAPERBACK)



Oxford University Press Inc, United States, 2011. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. Millions of people complain of sleep problems, from insomnia to excessive daytime sleepiness, to chronic fatigue and the irritability associated with unsatisfactory sleep. Sleep problems are an important aspect of several psychiatric disorders, notably mood and anxiety disorders. Sleep deprivation has also been identified as a factor in numerous other medical conditions, including diabetes and impaired immune function. No matter what its specific medical source, sleep deprivation possesses high societal costs-impaired driving, work-related accidents and chronically poor work performance. In terms of specific sleep disorders, sleep apnea is becoming increasingly prevalent with the advent of chronic obesity. Despite the importance of sleep deprivation, education in the diagnosis and treatment of sleep disorders is often neglected in undergraduate and post-graduate medical training. As a result, many physicians are uncomfortable assessing or treating even common sleep problems. Part of the Oxford American Neurology Library, this concise, portable guide provides an essential reference on current, evidence-based medical approaches for effective diagnosis and long term management of common sleep disorders. The volume includes chapters on all major sleep disorders; each chapter describes the disorder and its symptoms, suggests diagnostic criteria and recommends methods of evaluation and treatment options. In addition, it features such useful tools and resources as a sleep diary, instructions for commonly used behavioral techniques, and helpful guidelines for the implementation of sleep disorder behavioral treatments.



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