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This edition of the book on sleep medicine covers the basic sciences as well as sleep pathology in adults. All information has been updated to encompass developments in this field. New to this edition are topics related to the area of psychiatry, circadian rhythms, cardiovascular diseases, and sleep apnea treatment and diagnosis.

Principles and Practice of Pediatric Sleep Medicine, 2nd Edition, written by preeminent sleep medicine experts Drs. Sheldon, Kryger, Ferber, and Gozal, is the most comprehensive source for diagnosing and managing sleep disorders in children. Newly updated and now in full color throughout, this medical reference book is internationally recognized as the definitive resource for any health practitioner who treats children, providing absolute guidance on virtually all of the sleep-associated problems encountered in pediatric patients. Consult this title on your favorite e-reader, conduct rapid searches, and adjust font sizes for optimal readability. Organized format separates coverage into Normal and Abnormal sleep for quick access to the key information you need. Abundantly referenced chapters help you to investigate topics further. Equips you with a complete understanding of both medical and psychiatric sleep disorders. New and expanded chapters regarding sleep related breathing disorders; parasomnias; differential diagnosis of pediatric sleep disorders; hypersomnia; school start times and implications; and the evaluation and management of circadian rhythm disturbances. Extensive coverage on obstructive sleep apnea, diagnosis and treatment; evaluation and management of sleepy children; evaluation and management of circadian rhythm abnormalities; and pharmacology.

This book is for any professional who sees children (or parents of children) with sleep problems including pediatricians, primary care physicians, nurses, mental health workers, pulmonologists, neurologists, and specialists in sleep medicine. Although sleep disorders in children are very common, until recently the body of knowledge in pediatric sleep medicine was too limited to warrant a textbook devoted to this topic. In recent years, a robust scientifically based body of knowledge has emerged, and the tools to diagnose and effectively treat children with sleep disorders are now available. The first part of this book reviews normal sleep patterns and clinical assessment techniques in the child. The second part deals with specific problems related to the sleep period, problems that may be developmental, neurologic, psychologic/psychiatric, or medical in origin. Only by understanding the interactions among normal sleep patterns, parental desires, patient needs, and pathologic states can a rational approach to the evaluation and treatment of sleep disorders in children become feasible.

This companion to Kryger et al.'s PRINCIPLES AND PRACTICE OF SLEEP MEDICINE focuses on the diagnosis and treatment of a full range of sleep disorders in children. Recognized leaders in the field offer definitive guidance on virtually all of the sleep-associated problems encountered in pediatrics, from sleep and colic...to obstructive sleep apnea, neurological disorders, and hypersomnias...to sleep-related enuresis. Presents up-to-date information of the field's hottest topics in chapters on Pharmacology of Sleep in Children · Epidemiology of Sleep Disorders During Childhood · Circadian Rhythm Disorders: Diagnosis and Treatment · and Differential Diagnosis of Pediatric Sleep Disorders. Organizes information into separate sections covering normal and abnormal sleep, for quick reference. Makes further investigation easy with abundantly referenced chapters. Addresses both medical and psychiatric sleep disorders. Features the expertise of Drs. Sheldon, Kryger and Ferber - renowned authorities in the field of sleep medicine.

This authoritative on-line guide to sleep medicine is also available as an e-dition, book (ISBN: 1416003207) plus updated online reference! The new edition of this definitive resource has been completely revised and updated to provide all of the latest scientific and clinical advances. Drs. Kryger, Roth, and Dement and over 170 international experts-discuss the most recent data, management guidelines, and treatments for a full range of sleep problems. Representing a wide variety of specialties, including pulmonary, neurology, psychiatry, cardiology, internal medicine, otolaryngology, and primary care, this "who's who" of experts delivers the most compelling, readable, and scientifically accurate source of sleep medicine available today. Equips you with state-of-the-art, evidence-based guidance to help you offer your patients the best possible outcomes. Includes 450 outstanding illustrations that show you exactly what to look for and how to proceed. Features 40 video clips that demonstrate sleep apnea, seizures, movement disorders, bruxism, more. Offers rapid access to the answers you need via the fully searchable web site. Delivers regular updates online, overseen by the authors, to keep you continually apprised of important new clinical developments. Lets you download all of the book's illustrations for use in electronic presentations. Links references to the corresponding MEDLINE abstracts to simplify further research. Purchase of this product includes a limited personal license for use exclusively by the individual who has purchased the product. This license and access to the web site operates strictly on the basis of a single user per PIN. The sharing of passwords is strictly prohibited, and any attempt to do so will invalidate the password. The license and access may not be lent, resold, or otherwise circulated. Full details of the license and terms and conditions of use are available upon registration. Your purchase of Principles and Practice of Sleep Medicine Online, 4th Edition entitles you to access the web site until the next edition is published, or until the current edition is no longer offered for sale by Elsevier, whichever occurs first. If the next edition is published less than one year after your purchase, you will be entitled to online access for one year from your date of purchase. Elsevier reserves the right to offer a suitable replacement product (such as a downloadable or CD-ROM-based electronic version) should online access to the web site be discontinued.

Sleep disorders cause considerable morbidity and distress in the aging population. By highlighting the clinical diagnosis and management of sleep disorders, this volume provides a valuable resource for all those involved in health care of older individuals. The changes in sleep patterns that occur during normal aging are described, followed by authoritative chapters on the presentation of various age-related sleep disorders. The book deals with the range of therapeutic measures available for managing these disorders and gives insight to potential areas of research that have emerged in the last few years, such as the study of circadian rhythms in later life, sleep patterns associated with co-morbidities and the use of quality-of-life measurement tools to determine sleep quality as we age. This volume is relevant to sleep disorders specialists, psychiatrists, geriatricians and gerontologists, and any professionals and researchers working in the interdisciplinary areas of sleep and aging.

\* Includes chapters on sleep phase disorders, sleep apnea, periodic limb movements, narcolepsy, limit setting disorders in children, enuresis, and night terrors. \* Provides a unique, behavioral approach to sleep medicine.

An authoritative and accessible guide to what happens when we shut our eyes at night We spend a third of our lives in bed, but how much do we really understand about how sleep affects us? In the past forty years, scientists have discovered that our sleep (or lack of it) can affect nearly every aspect of our waking lives. Poor sleep could be a sign of a disease, the result of a vitamin or iron deficiency, or the cause of numerous other problems, both sleeping and waking. Yet many people, even medical personnel, are unaware of the dangers of poor sleep. Enter Dr. Meir Kryger, a world authority on the science of sleep, with a comprehensive guide to the mysteries of slumber that combines detailed case studies, helpful tables, illustrations, and pragmatic advice. Everyone needs a good night ' s sleep, and many of us will experience some difficulty sleeping or staying awake over the course of our lifetimes (or know someone who does). Kryger ' s comprehensive text is a much-needed resource for insomniacs; for those who snore, can ' t stay awake, or experience disturbing dreams; and for the simply curious. Uniquely wide ranging, The Mystery of Sleep is more than a handbook; it is a guide to the world of sleep and the mysterious disorders that affect it.

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