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through a thorough sleep history and detailed medical, substance, and psychiatric history. (Standard) • The sleep history should cover specific insomnia complaints, pre-sleep conditions, sleep-wake patterns, other sleep-related symptoms, and daytime consequences. (Consensus) •

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Understand the impact a sleep disorder has on every aspect of your life. We offer comprehensive evaluation and diagnosis, including a sleep study if your situation indicates one is needed.

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"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

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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

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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

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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.

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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)"--

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This guide features the most up-to-date information and latest guidelines and summarizes the pathophysiological mechanisms,

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This practical text provides knowledge of the basic neuroscience of sleep and sleep disorders as they interrelate with various neurologic conditions.

Chapters in the first section cover neural networks involved in normal sleep processes, including dreams and memory. Also discussed are how

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these neural networks interact in various sleep stages and sleep disorders, such as sleep related movement disorders. The book's second section explores the pathophysiology of sleep disorders in the spectrum of neurologic conditions in both adults and children. This

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includes sleep changes in patients with dementia, seizures, headaches, and stroke, and other common neurologic disorders. Sleep Neurology fills an important gap in the sleep medicine literature by providing the underpinnings of sleep disorders and will be of great value to students,

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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

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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

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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

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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,

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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

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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

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advances ensuring that their patients receive the optimum treatment for their sleep disorders.

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proceeds into an extensive coverage of normative sleep and functional homeostasis. Part three then concisely examines the humoral and developmental aspects of sleep, namely the emerging role of metabolic tissue and the intestinal microbiota in regulation. Parts four, five, and six

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discuss diagnoses methods, techniques in sleep measurement, and specific aspects of pharmacotherapy and ventilator support for the pediatric patient. Various sleep disorders are explored in part seven, followed by an in-depth analysis of obstructive sleep apnea in part eight. The book

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concludes with discussions on the presence of sleep issues in other disorders such as Down syndrome, obesity, cystic fibrosis, and asthma. Written by recognized leaders in the field, Pediatric Sleep Medicine facilitates an extensive learning experience for practicing physicians

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