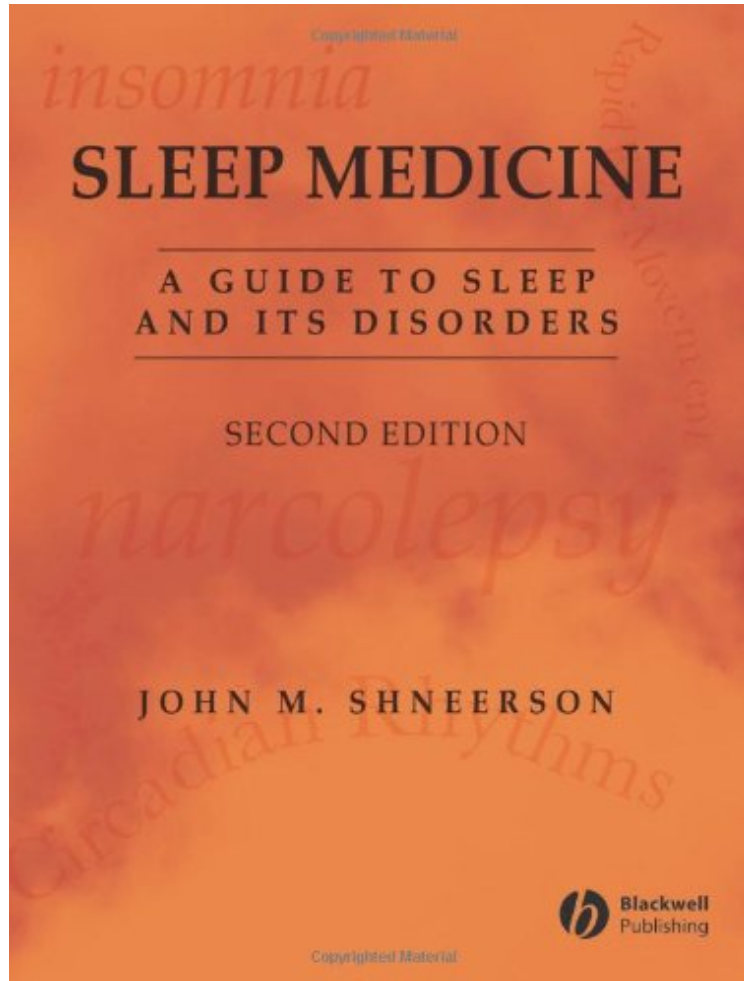


(Download pdf ebook) Sleep Medicine: A Guide to Sleep and its Disorders

Sleep Medicine: A Guide to Sleep and its Disorders

John M. Shneerson

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John M. Shneerson : Sleep Medicine: A Guide to Sleep and its Disorders before purchasing it in order to gauge whether or not it would be worth my time, and all praised Sleep Medicine: A Guide to Sleep and its Disorders:

1 of 1 people found the following review helpful. Excellent presentation of sleep medicine By Eric A. Bell This British text serves as an excellent overview of sleep disorders medicine. In a recent published review I commented that this could be considered one of the best texts available for individuals with limited training and experience in working with patients suffering from sleep disorders. This book is especially recommended for psychologists and other health care professionals due to its straightforward presentation, and balanced coverage of conditions. Fortunately this single authored text does not overwhelm the reader - it uses references sources appropriately. This is one book that belongs on the bookshelves of practitioners who do not routinely evaluate people with chronic sleep disorders.

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.

"A well-written single-author text is a rarity, and this one is a pleasure to read. If I could only own one of the many sleep texts I currently own, this would be it." Dr John LaWall, *Journal of Clinical Sleep Medicine*, Vol.2, No. 3, 2006

From the Back Cover Sleep medicine is a rapidly developing discipline and recent advances have greatly improved the outlook for many patients. Nevertheless, sleep disorders still often go unrecognized, resulting in potentially avoidable morbidity. *Sleep Medicine: A Guide to Sleep and Its Disorders* is a practical reference which will be invaluable to physicians faced with sleep related problems, including sleep specialists, neurologists, psychiatrists, respiratory physicians, general (internal) physicians, paediatricians, geriatricians and general practitioners. Based on the successful first edition *Handbook of Sleep Medicine* by the same author, this is a comprehensive work on sleep and its disorders emphasising not only the scientific background and physiological basis, but also the clinical features and social context. The clinical chapters are symptom-based and cover important topics, such as sleep apnoeas and narcolepsy. There is a separate chapter on the effects of drugs on sleep and an account of how to investigate sleep disorders. The impact of age is highlighted and there are specific sections in several of the chapters on the care of children and the elderly. There is a new chapter on the nature and causes of dreams and nightmares. The legal and social aspects, particularly of transportations, are emphasised.

About the Author Dr Shneerson is a consultant physician and Director of the Respiratory Support and Sleep Centre at Papworth Hospital, Cambridge, which has an international reputation. The Centre offers a comprehensive service including a narcolepsy programme, and specializes in the management of respiratory problems during sleep. A recognized expert in sleep disorders, Dr. Shneerson has authored over 300 publications in sleep and respiratory medicine.