



Concise Guide to Evaluation and Management of Sleep Disorders, Third Edition (Concise Guides)

Martin Reite, Kim Nagel, John Ruddy

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Sleep disorders medicine has only recently come of age, as getting enough sleep and getting restful sleep has become more elusive than ever in today's fast-paced world. Despite being one of the most common complaints among psychiatric patients (170 sleep disorders are now identified), sleep disorders are still not included in most medical or health care-related curricula. The third edition of this truly pocket-sized volume fills that void. Designed to provide the clinician with a practical approach to the differential diagnosis and effective treatment of sleep complaints and disorders and an up-to-date summary of sleep disorders medicine, this compact volume from American Psychiatric Publishing's Concise Guides series shows clinicians how to use a conceptual framework and decision trees to facilitate diagnosis. In just eight easy-to-read chapters, the authors present the latest research and practice on sleep disorders. After an overview that includes diagnostic nomenclature, laboratory procedures, and how to use a sleep disorders center, Chapters 2-5 discuss individual sleep disorders, each organized by presenting complaints, clinical presentation, incidence, etiology and pathophysiology, laboratory findings, differential diagnosis, and treatment (behavioral, medical, and surgical techniques). Topics include virtually every aspect of sleep physiology and pathology, e.g., sleep architecture, sleep and immune function, circadian rhythms, dreams and nightmares, and sleep deprivation. -Insomnia (occasional insomnia alone occurs in about 27%, and chronic insomnia in about 9%, of the U.S. population) related to substance abuse, shift work sleep disorder, restless legs syndrome, and sleep apnea. -Excessive sleepiness disorders, e.g., narcolepsy; hypersomnias associated with sleep-related breathing disorders; nocturnal hypoxemia; and periodic hypersomnias, including Kleine-Levin syndrome, menstruation-associated hypersomnia, and periodic limb movements disorder. -Parasomnias associated with rapid eye movement (REM) sleep, sleep paralysis, sleepwalking and sleep terrors, bruxism, muscle cramps, and central nervous system (CNS) parasomnias such as vascular headaches. -Chapter 6 details the symptoms of specific medical conditions (e. g., cardiac and CNS diseases, Epstein-Barr virus, arthritis, anorexia nervosa, and AIDS) behind disordered sleep and psychiatric disorders behind both insomnia and excessive daytime sleepiness. -Chapter 7 covers pharmacological treatments (sedative-hypnotics from benzodiazepines to melatonin and alternative medications). -Chapter 8 concludes with thought-provoking discussions of sleep problems in children from infancy through adolescence, the elderly, and women (in pregnancy, premenstrual syndrome, and menopause). Thoroughly referenced and illustrated, this fascinating work is intended for students, educators, and clinicians everywhere as they face the increasingly widespread challenge of successfully diagnosing and treating sleep disorders.

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