



Clinical Sleep Disorders

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This clinically focused, practical reference is a complete guide to diagnosing and treating sleep disorders. The opening sections explain basic definitions, sleep monitoring, and normal human sleep. A clinical presentations section details how to approach diagnosis based upon patients' complaints, as well as unique features of the child, adolescent, or older adult with sleep problems. Subsequent sections address specific sleep disorders and sleep disorders in patients with other medical and psychiatric conditions.

Chapters have been critically edited by experts from multiple specialties, follow a standardized template, and include bulleted lists, tables, and clinical pearls. Appendices include information on polysomnography, sleep questionnaires, and starting a sleep disorders facility.

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