

Features:

- Features **video content** that demonstrates common sleep disorders.
- Includes **more than 350 updated multiple-choice questions** and answers for self-assessment and board preparation.
- **New!** Offers concise **Key Points** at the end of each chapter, expanding on information from Drs. Berry and Wagner's popular book *Sleep Medicine Pearls* to enhance your understanding.
- Provides **updated references to AASM scoring guidelines** and diagnostic criteria for sleep disorders.
- Illustrated with numerous **diagrams, charts, and polysomnograms** (sleep studies) to clarify complex concepts.
- **An eBook version is included with purchase.** The eBook allows you to access all of the text, figures, and references, with the ability to search, customize your content, make notes and highlights, and have content read aloud.

Περιεχόμενα:

1. Sleep Stages and Basic Sleep Monitoring
2. The Technology and Methods of Sleep Monitoring (Differential Amplifiers, Digital Polysomnography, and Biocalibration)
3. Staging Sleep in Adults
4. Artifacts and Common Variants of Sleep
5. Sleep Staging in Infants and Children
6. Normal Sleep Architecture in Adults
7. Normal Sleep in Children and Infants
8. Neurobiology of Sleep and Wakefulness
9. Sleep Loss and Effects of Sleep Disorders and Medications on Sleep
10. Monitoring Respiration—Technology and Techniques
11. Respiratory Events in Adults—Event Definitions and Scoring Rules
12. Respiratory Events in Children—Event Definitions and Scoring Rules
13. Sleep and Respiratory Physiology
14. Cardiac Monitoring During Polysomnography
15. Monitoring of Limb Movements and Other Movements During Sleep
16. Polysomnography, Home Sleep Apnea Testing, and Actigraphy
17. Subjective and Objective Measures of Sleepiness
18. Obstructive Sleep Apnea Syndrome in Adults—Diagnosis, Epidemiology, Variants
19. Pathophysiology of Obstructive Sleep Apnea
20. Clinical Consequences of Obstructive Sleep Apnea and Benefits of Treatment
21. Obstructive Sleep Apnea and Obesity Hypoventilation Syndrome Treatment Overview
22. Medical Treatment of Obstructive Sleep Apnea Including Treatment of Residual Sleepiness With Medications
23. Positive Airway Pressure Treatment

24. Advanced PAP Modes, NIV Titration, and Phrenic Nerve Stimulation
 25. Oral Appliance Treatment for Obstructive Sleep Apnea
 26. Surgical Treatment for Obstructive Sleep Apnea
 27. Pediatric Obstructive Sleep Apnea—Diagnosis and Treatment
 28. Sleep and Cardiovascular Disease
 29. Sleep and Lung Disease
 30. Central Sleep Apnea and Sleep-Related Hypoventilation Disorders
 31. Restless Legs Syndrome (Willis-Ekbom Disease), Periodic Limb Movements in Sleep, and Periodic Limb Movement Disorder
 32. Central Disorders of Hypersomnolence
 33. Insomnia Diagnosis and Treatment
 34. Circadian Rhythm Sleep-Wake Disorders
 35. Clinical Electroencephalography and Nocturnal Epilepsy
 36. Parasomnias
 37. Psychiatry and Sleep
 38. Sleep and Nonrespiratory Physiology
 39. Sleep in Medical Disorders and Pregnancy
 40. Sleep and Neurological Disorders
- Index
- Online only—Glossary