

I. Normal Sleep

Ch 1: What is Sleep?

Ch 2: Sleep Patterns over the Lifespan (Child -> Older Adult)

Ch 3: Chronobiology

Ch 4: Neurobiology

II. Abnormal Sleep-related Breathing

Ch 5: The Obstructive Sleep Apnea Patient: Epidemiology, Symptoms and Signs, and Impact of the Disorder

Ch 6: Positive Pressure treatment of OSA (CPAP, BPAP)

Ch 7: Oral Appliance Therapy for OSA

Ch 8: Surgical Treatments of OSA

Ch 9: Medical treatments of OSA

Ch 10: CSA / Hypoventilation

III. Abnormal Sleep Patterns

Ch 11: Sleep Deprivation

Ch 12: The Insomnia Patient: Epidemiology, Symptoms and Signs, and Impact of the Disorder

Ch 13: Pharmacological Treatments of Insomnia

Ch 14: Non-pharmacological treatments of Insomnia

Ch 15: Circadian Disturbance

Ch 16: The Hypersomnias (Narcolepsy/IH/Other)

IV. Abnormal Sleep Behaviors

Ch 17: Restless Leg Syndrome

Ch 18: Periodic Limb Movements of Sleep

Ch 19: Parasomnias

Ch 20: Parasomnias

V. The Adult Sleep Patient in the Clinic and Laboratory

Ch 21: Approach in Sleep Medicine Clinic

Ch 22: Common Survey Tools/Questionnaires used in Clinical Settings

Ch 23: Laboratory and Non-Laboratory Sleep Testing (Polysomnography / HSAT only)

Ch 24: Clinical Use of Actigraphy and Consumer Technology for Assessment of Sleep (Future Testing?)

VI. Sleep and Other Aspects of Medicine

Ch 25: Sleep and Common Neurology Conditions (Focus on Stroke and Sleep, and Epilepsy and Sleep, Headaches and Sleep)

Ch 26: Sleep and Emotion, Cognition, and Memory (including Neurodegenerative Conditions)

Ch 27: Sleep and Psychiatry; (incl Sleep and Autism)

Ch 28: Sleep and Cardio-Pulmonary Conditions

Ch 29: Pediatric Sleep Medicine

Ch 30: Sleep and Occupational Health
Ch 31: Sleep in Underserved Populations

VII. The Field of Sleep Medicine
Ch 32: The History of Sleep Medicine
Ch 33: The Future of Sleep Medicine