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Nota di contenuto	SLEEP: A COMPREHENSIVE HANDBOOK; CONTENTS; PREFACE; CONTRIBUTORS; PART I THE SCIENCE OF SLEEP MEDICINE; 1 Normal Human Sleep; 2 The Neurobiology of Sleep; 3 Physiologic Processes During Sleep; 4 Biological Rhythms and Sleep; 5 Biology of Dreaming; 6 Psychology of Dreaming; 7 The Function of Sleep; 8 The Evolution of Sleep: A Phylogenetic Approach; 9 Neuropharmacology of Sleep and Wakefulness; 10 Epidemiology of Sleep Disorders; 11 Classification of Sleep Disorders; PART II INSOMNIA; 12 Insomnia: Prevalence and Daytime Consequences; 13 Causes of Insomnia; 14 Medications that Can Cause Insomnia 15 Fatal Familial Insomnia 16 Evaluation of Insomnia; 17 Pharmacologic Therapy of Insomnia; 18 Nonpharmacologic Therapy of Insomnia; PART III EXCESSIVE SLEEPINESS; 19 Sleep Deprivation and Its Effects on Cognitive Performance; 20 Narcolepsy; 21 Idiopathic Hypersomnia; 22 Post-traumatic and Recurrent Hypersomnia; 23 Sleeping Sickness; 24 Medications that Induce Sleepiness; 25 Evaluation of Excessive

Sleepiness; 26 Therapy for Excessive Sleepiness; 27 Napping; 28 Sleep Loss, Sleepiness, Performance, and Safety; PART IV SLEEP DISORDERED BREATHING SYNDROMES  
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41 Evaluation of Sleep Disordered Breathing 2: Portable Sleep Monitoring; 42 Indications for Treatment of Obstructive Sleep Apnea in Adults; 43 Medical Treatment of Obstructive Sleep Apnea: Life-Style Changes, Weight Reduction, and Postural Therapy; 44 Pharmacological Treatment of Sleep Disordered Breathing; 45 Positive Airway Pressure Therapy for Obstructive Sleep Apnea; 46 Upper Airway Surgery for Obstructive Sleep Apnea; 47 Oral Devices Therapy for Obstructive Sleep Apnea; PART V CIRCADIAN RHYTHM SLEEP DISORDERS; 48 Advanced, Delayed, Irregular, and Free-Running Sleep-Wake Disorders  
49 Jet Lag; 50 Shift Work Sleep Disorder; 51 Neurological and Medical Disorders Associated with Circadian Rhythm Disturbances; 52 Psychiatric Disorders Associated with Circadian Rhythm Disturbances; 53 Therapy of Circadian Sleep Disorders; PART VI PARASOMNIAS; 54 Disorders of Arousal and Sleep-Related Movement Disorders; 55 Sleepwalking; 56 REM Sleep Behavior Disorder and REM-Related Parasomnias; 57 Nocturnal Enuresis in Children; 58 Sleep Bruxism; 59 Sleep-Related Eating Disorders; 60 Other Parasomnias; PART VII MOVEMENT DISORDERS; 61 Restless Legs Syndrome; 62 Periodic Limb Movement Disorder  
PART VIII SLEEP IN INFANTS AND CHILDREN

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Sommario/riassunto

A unique resource on sleep medicine. Written by contemporary experts from around the world, *Sleep: A Comprehensive Handbook* covers the entire field of sleep medicine. Taking a novel approach, the text features both syndrome- and patient-oriented coverage, making it ideally suited for both clinical use and academic study. *Sleep: A Comprehensive Handbook* begins with a brief introduction to the basic science of sleep, from neurobiology to physiologic processes. This leads into sections offering comprehensive coverage of insomnia, sleep apnea, narcolepsy, para

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