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Nota di contenuto	Preface -- I. Science of Sleep.-1. Sleep, Sleep Disorders, and Immune Function -- 2. Overview of Basic Immunology -- 3. Overview and Understanding of Basic Circadian Physiology -- 4. Overview and Understanding of Human Circadian Immunology -- 5. Overview and Understanding of Allergic Reactions and Allergic Disease -- 6. Ontogeny of Sleep in Infants, Children, and Adolescent -- II. Clinical Science -- 7. Screening for Allergic Disease in a Child with Sleep Disorder and Screening for Sleep Disturbance in Allergic Disease -- 8. Evaluation and Management of a Sleepy Child -- 9. Evaluation and Management of the Sleepless Child -- 10. Evaluation and Management of Movement Disorders in Children -- 11. Evaluation and Management of Allergic Disorders Related to Sleep Pathology -- III. Asthma -- 12. Sleep-Related Disturbances Commonly Associated with Asthma -- 13. Obesity Asthma and Sleep-Related Breathing Disorders -- 14. Monitoring Asthma During Sleep: Methods and Techniques -- 15. Asthma Treatment Outcome Measures -- 16. Guidelines for Management of Sleep-Related Breathing Disorders and Asthma.-IV.

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## Sommario/riassunto

Sleep-related abnormalities occurring as a result of allergic disorders can impact an affected individual's health and overall well-being in a myriad of ways. This comprehensive book thoroughly covers the management of allergic and sleep disorders, providing a detailed discussion on how these co-occurring, often overlapping conditions can be treated in a personalized and patient-oriented manner. Allergy and Sleep: Basic Principles and Clinical Practice takes care to include a wide range of multidisciplinary perspectives required to effectively assess and manage allergy and sleep disorders, from allergists, sleep medicine specialists, otolaryngologists, and dermatologists, to primary care physicians, pharmacists, psychologists, and other researchers. Allergy and Sleep begins with a thorough grounding on the science of sleep, allergy, immunology, circadian rhythms and circadian immunology. Part II addresses assessment and treatment of common allergic diseases with comorbid sleep components, in a practical, easy-to-use case-based format. Later sections closely examine sleep-related disturbances commonly associated with asthma, allergic rhinitis, and atopic disease; providing treatment guidelines, and detail various approaches to management throughout the patient's lifespan. This resource concludes with a review of disease, sleep and circadian-specific therapeutics. Written by experts in their respective fields, Allergy and Sleep: Basic Principles and Clinical Practice is an ideal resource and important reference for any clinician working with patients suffering from sleep-related abnormalities due to allergic disorders.

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