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Nota di contenuto	<p>Section 1 Overview -- 1. Introduction -- 2. Epidemiology of Sleep Disorders in Women -- 3. Life Cycle Impact on Sleep in Women -- 4. Normal Reproductive and Endocrine Life Stages: The Impact on Sleep Disorders -- Section 2 Sex and Gender Differences in Sleep -- 5. Sex Differences in Sleep -- 6. Sex Differences in Sleep Disorders -- 7. Sleep and Its Disorders Among Sexual and Gender Minority Populations -- Section 3 Pediatric and Adolescent Sleep -- 8. Defining, Assessing, and Treating Adolescent Insomnia and Related Sleep Problems Including Circadian Rhythm Disorders -- 9. Pediatric Obstructive Sleep Apnea and Pediatric Hypersomnia -- 10. Gender Differences in Pediatric Parasomnias -- Section 4 Sleep in Adult Women of Childbearing Age -- 11. Insomnia: Evaluation and Therapeutic Modalities -- 12. The Impact of Shift Work and Circadian Dysregulation on Women's Health -- 13. Polycystic Ovary Syndrome and Obstructive Sleep Apnea -- 14. Women in Childbearing Years: Sleep Disordered Breathing -- 15. Central Hypersomnias in Adult Women of Childbearing Age -- 16. Non-Rapid Eye Movement Parasomnias and Restless Leg Syndrome in Women -- Section 5 Sleep during Pregnancy -- 17. Insomnia During Pregnancy -- 18. Sleep Disordered Breathing and Pregnancy -- 19. Management of Hypersomnia in Pregnancy -- 20. Gestational Restless Legs Syndrome -- Section 6 Sleep during Menopause -- 21. Insomnia During Menopause -- 22. Sleep Disordered Breathing in the Peri-menopausal and Menopausal Woman -- 23. Restless Legs Syndrome and</p>

Sommario/riassunto

This book provides a thorough, multidisciplinary review of the latest research and clinical approaches in the field of sleep disorders. It illustrates the variance of complications, symptoms, and issues sleep disorders cause during different stages of a woman's life. This updated, comprehensive edition begins with an overview of sleep disorders in women, followed by a section dedicated to examining sleep disorders in women during adolescence. Subsequent chapters then focus on treating pregnant women with sleep disorders, which include conditions such as restless legs syndrome, that arise during the gestational period as well as those like narcolepsy, whose management offers unique challenges during pregnancy and lactation. The book concludes with information on the specific issues caused by sleep disorders faced by women during and after menopause. *Sleep Disorders in Women, 3rd Edition* serves as an important addition to the literature and is an invaluable resource for neurologists, sleep medicine specialists, OB/GYNs, internal medicine physicians, family practitioners, psychiatrists, nurse practitioners, and physician assistants.