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Altri autori (Persone)	AttarianHrayr P Viola-SaltzmanMari
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Restless Legs Syndrome; Sleep-Disordered Breathing; Sleepiness; Pregnancy; Insomnia; Restless Legs Syndrome; Sleep-Disordered Breathing; Sleep-Disordered Breathing and Positive Airway Pressure; Childbearing Years; Insomnia; Sleep Apnea; Menopause; Insomnia; Restless Legs Syndrome; Sleep-Disordered Breathing; Conclusion; References; Part II: Adolescents; Chapter 6: Delayed Sleep Phase Syndrome in Adolescents; Introduction
Review of Basic Science Surrounding Circadian Rhythm Control Delayed Sleep Phase Syndrome; Clinical Research; Sequelae of Delayed Sleep Phase Syndrome; Clinical Evaluation; Treatment; Future Directions; References; Chapter 7: Defining, Assessing, and Treating Adolescent Insomnia and Related Sleep Problems; Sleep During Adolescence; Emergence of Gender Differences; Assessment of Sleep Disorders in Adolescents; Adolescence and Insomnia; Treatment of Insomnia in Adolescents; Delayed Sleep Phase Disorder; Treatment of DSPD; Inadequate Sleep Hygiene
Differentiating Inadequate Sleep Hygiene from Insomnia Treatment of Inadequate Sleep Hygiene; Behavioral Sleep Restriction; Differentiating Behavioral Sleep Restriction from Insomnia; Treatment of Behavioral Sleep Restriction; Conclusion; References; Part III: Premenopausal Women; Chapter 8: Restless Legs Syndrome: An Overview with an Emphasis on Women; Introduction; Epidemiology; Etiology and Pathophysiology; Diagnosis; Management; Conclusion; References; Chapter 9: Pharmacological Treatments of Insomnia; Introduction; Pharmacological Treatments; Pharmacological Principles
The Primary Insomnias

Sommario/riassunto

In *Sleep Disorders in Women: A Guide to Practical Management*, 2nd Edition, a multidisciplinary panel of eminent researchers and practicing clinicians comprehensively updates the multifaceted aspects of sleep disorders in women at different stages of life, illuminating the unique impact that each reproductive and endocrine stage has on both normal sleep and sleep disorders. This title not only introduces primary care physicians and health care providers to the discipline of sleep disorders in women, it also will appeal to a broader set of specialists as it summarizes the latest, cutting-edge research and presents it in a succinct and clinically relevant manner. The goal of this book is to help physicians recognize the symptom patterns of sleep disorders in their female patients, guide them in diagnosing and treating these patients in a timely fashion, and help in the elimination of gender bias in sleep medicine research and care. An invaluable addition to the literature, *Sleep Disorders in Women: A Guide to Practical Management*, 2nd Edition again fills an important niche by being an accessible, comprehensive, multidisciplinary review on sleep disorders in women.
