

1. Record Nr.	UNINA9910452602503321
Autore	Wilson Sue, Dr.
Titolo	Sleep disorders [[electronic resource] /] / Sue Wilson, David Nutt
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2008
ISBN	1-283-57975-8 9786613892201 0-19-155288-7
Descrizione fisica	1 online resource (140 p.)
Collana	Oxford psychiatry library
Altri autori (Persone)	NuttDavid J. <1951->
Disciplina	616.8/498
Soggetti	Sleep disorders Insomnia Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Contents; Preface; 1 Normal sleep; 2 Diagnosing sleep disorders; 3 Insomnia; 4 Hypersomnia; 5 Parasomnias; 6 Circadian rhythm sleep disorders; 7 Psychiatric disorders and sleep; 8 Sleep disorders associated with neurological and medical disorders; 9 Pharmacology of sleep; 10 Coping with irregular working hours: preventing sleep problems in junior doctors, nurses and other health professionals; 11 Appendix; Index; A; B; C; D; E; F; G; H; I; J; K; L; M; N; O; P; Q; R; S; T; U; V; W; Z
Sommario/riassunto	Sleep dysfunction is one of the primary symptoms reported by patients with psychiatric disorders, and specifically those suffering from anxiety and depressive disorders. Conversely, primary insomnia and other sleep disorders produce symptoms of mood disturbance that are quite similar to those reported by patients with psychiatric disorders. Because of this overlap in the symptoms and treatments for insomnias and psychiatric disorders, it is important for clinicians to be able to accurately identify the root cause of sleep dysfunction in individual patients in order to optimize treatment. Part of