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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Contents; Foreword; Preface; Contributors; Chapter 1. Normal Sleep Physiology; Chapter 2. The Evaluation of Upper Airway Structure for Obstructive Sleep Apnea; Chapter 3. Evaluation of Patients with Sleep Disorders; Chapter 4. Overview of Sleepiness; Chapter 5. Sleep Testing; Chapter 6. Imaging of the Airway; Chapter 7. Sleep-Disordered Breathing; Chapter 8. Cardiovascular Effects of Sleep-Disordered Breathing; Chapter 9. Insomnia, Circadian Rhythm Disorders, and Sleep Deprivation; Chapter 10. Narcolepsy and Hypersomnias; Chapter 11. Movement Disorders in Sleep Chapter 12. Drugs That Affect Sleep and Cause Sleepiness Chapter 13. Treatment of Sleep Apnea with Positive Pressure Therapy: The Nuts and Bolts of Nasal CPAP; Chapter 14. Oral Appliances for Snoring and Sleep Apnea; Chapter 15. The Role of Psychology in the Treatment of Sleep Disorders; Chapter 16. Weight Management for Patients With Obstructive Sleep Apnea; Chapter 17. Position Restriction Therapy and Nasal EPAP in the Treatment of Obstructive Sleep Apnea; Chapter 18. Sleep Apnea Surgery: Patient Selection and Nasal Surgery; Chapter 19. Soft Tissue Surgery for Apnea and Snoring Chapter 20. Expansion Sphincter Pharyngoplasty for Obstructive Sleep Apnea Chapter 21. Skeletal Surgery for Obstructive Sleep Apnea;

Chapter 22. Perioperative Management of Patients With Sleep-Related Breathing Disorder; Chapter 23. Overview of Pediatric Sleep Disorders; Chapter 24. Neurobehavioral Morbidity in Childhood Sleep Disorders; Chapter 25. Pediatric Sleep-Disordered Breathing; Chapter 26. Pediatric OSA Surgery Beyond Adenotonsillectomy; Appendix A. Friedman Modification of Mallampati Classification; Appendix B. Epworth Sleepiness Questionnaire; Appendix C. Sleep Diary
Appendix D. Tonsil Size Index

Sommario/riassunto

This book provides materials necessary to practice sleep medicine, covering the basics of both adult and pediatric sleep medicine as it applies to the clinical practice of Otolaryngology. It is the only book to provide an in-depth review of clinical sleep medicine with coverage of sleep testing modalities and to focus on the clinical sleep disorders that an otolaryngologist is likely to see in the office.
