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Titolo	ABC of sleep medicine [[electronic resource] /] / Paul Reading
Pubbl/distr/stampa	Chichester, West Sussex, : John Wiley & Sons, 2013
ISBN	1-118-52330-X 1-78539-338-3 1-118-52332-6 1-118-52331-8
Descrizione fisica	1 online resource (74 p.)
Collana	ABC series : an outstanding collection of resources for everyone in primary care
Disciplina	616.8/498
Soggetti	Sleep Sleep disorders 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	Normal versus abnormal sleep -- Diagnosing sleep disorders -- Excessive daytime sleepiness -- Sleep apnoea syndrome -- Insomnia -- Secondary (co-morbid) insomnia -- The parasomnias -- Sleep disorders in children -- Sleep in neurodegenerative disease -- Sleep in psychiatric disease -- Drugs used in sleep medicine.
Sommario/riassunto	A practical illustrated guide to sleep disorders which will give health professionals confidence in this complex area of diagnosis and management. It explains the differences between normal and abnormal sleep, and looks in depth at individual disorders such as sleep apnoea, insomnia, narcolepsy, restless legs syndrome and the parasomnias, as well as sleep disorders as a comorbidity of neurodegenerative and psychiatric disease. Common sleep disorders in children are addressed in detail before concluding with an overview of pharmacological treatments and how commonly used drugs might af