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Descrizione fisica	1 online resource (vii, 196 pages) : illustrations; digital, PDF file(s)
Disciplina	618.92/8498
Soggetti	Sleep disorders in children Sleep disorders in adolescence Sleep
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Livello bibliografico	Monografia
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Nota di contenuto	Cover; Half-title; Title; Copyright; Contents; Acknowledgements; 1 Children s sleep disorders: a case of serious neglect; 2 General issues; Effects on development of persistent sleep disturbance; Sleep disorders in child healthcare; 3 Basic aspects of sleep and its disorders; Characteristic features of sleep in childhood and adolescence; Definition of sleep problems; Ways in which sleep can be disturbed; Identifying sleep disturbance; Schemes for classifying sleep disorders; Differences between sleep disorders in children and adults; Assessment of sleep disorders Treatment approaches for sleep disorders; 4 Sleeplessness; Treatment: general principles; Developmental approach; Infancy; Early childhood

(1...3 years); Middle childhood (4...12 years); Adolescence;  
Sleeplessness: basic clinical approach to diagnosis; 5 Excessive  
sleepiness; General aspects; Insufficient sleep including circadian  
rhythm disorders; Disturbed overnight sleep; Conditions in which sleep  
tendency is increased; Excessive sleepiness: basic clinical approach to  
diagnosis; 6 The parasomnias; Primary parasomnias related to typical  
phase of sleep  
Deep sleep (NREM stages 3 and 4): arousal disorders (Thorpy, 1990b);  
REM sleep parasomnias; Waking; Primary parasomnias inconsistently  
related to stages of sleep; Other primary parasomnias; Secondary  
parasomnias; Parasomnias: basic clinical approach to diagnosis; 7  
Clinical services and research; Glossary; References; Index

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## Sommario/riassunto

Sleep disturbance is commonplace and causes much personal distress to sufferers and their families. It is implicated in a variety of problems, from poor educational performance or disturbed behaviour to accidents or physical dysfunction. Traditionally, research into sleep disorders has generally been undertaken within separate, unconnected medical disciplines and has mainly involved adults. As sleep disturbance is closely associated with serious problems, identifying and treating sleep disorders early is essential for good long-term health and well-being. Yet there is no up-to-date, comprehensive, one-stop source of information for clinicians concerning sleep disorders in young people. Gregory Stores addresses this need with a cross-disciplinary account of available clinical information and treatments, illustrated by actual cases of sleep problems in the young. This book will be essential reading for all professionals involved in child healthcare from infancy to adolescence, and will also be invaluable to general readers looking for up-to-the-minute information and references.

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