

# Clinical Manual for the Evaluation and Treatment of Sleep Disorders


By Martin Reite, Michael Weissberg, John Ruddy

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## Clinical Manual for the Evaluation and Treatment of Sleep Disorders By Martin Reite, Michael Weissberg, John Ruddy

The *Clinical Manual for Evaluation and Treatment of Sleep Disorders* is the first clinical text devoted solely to the diagnosis and treatment of sleep disorders that is both comprehensive and conveniently portable. The book's 13 chapters offer a concise, step-by-step method of differential diagnosis for some of the most common sleep complaints encountered in today's professional clinical practices. And, unlike most other clinical textbooks, its small size gives it a broad accessibility. The manual begins with an overview of sleep physiology and pathology, including eight common laboratory procedures and three major diagnostic nomenclatures for sleep disorders. Each of the chapters that follow provides an overview of symptoms, tests, and various behavioral and pharmacologic treatments for a wide range of sleep conditions, including insomnias, breathing disorders, parasomnias, and several common medical disorders that are often associated with sleep complaints. The latter chapters discuss sleep disorders in distinct patient demographics specifically children, women (during pregnancy, the postpartum period, and menopause) and the increasing population of older adults. The book concludes with a chapter devoted to pharmacologic interventions, detailing the use of and clinical issues associated with 25 different types of drugs. Additional benefits of the manual include: A Pearls and Pitfalls section of bulleted facts at the beginning of each chapter Figures, tables, and helpful takeaways (such as a differential diagnosis decision tree and patient questionnaires) in many chapters An appendix of 65 frequently used abbreviations related to sleep complaints and disorders Patient handouts that include sleep tips and information on insomnia, abdominal breathing, delayed sleep phase syndrome, melatonin and light treatments, sleep walking, and jet lag No other clinical text provides such a breadth of information on sleep disorders in such a compact, easy-to-carry volume. Its extensive content makes this book ideal for nursing, psychiatric, social work, and family practice settings, as well as a useful teaching implement in medical classrooms. By classifying sleep disorders according to clinical presentation, patient demographic, and related conditions, the *Clinical Manual for Evaluation and Treatment of Sleep Disorders* offers clinicians a valuable reference tool in the diagnosis and treatment of sleep disorders.

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### Editorial Review

#### Review

*The Clinical Manual for Evaluation and Management of Sleep Disorders* is a well organized, easy-to-read manual supplemented with ample tables, designed for the practicing clinician, that presents in logical sequence the approach to the diagnosis of sleep disorders, the necessary investigations and the appropriate treatments. In addition, the manual contains enough information on the physiology and pathophysiology of sleep to allow the clinician to be able to put into context the diagnostic classification and comprehensive descriptions of the major sleep disorders. This book can be thoroughly recommended as a valuable aid to all who treat patients with sleep disorders. --Michael Thorpy, M.D., Director Sleep-Wake Disorders Center, Montefiore Medical Center and Professor of Neurology, Albert Einstein College of Medicine

#### From the Inside Flap

The Clinical Manual for Evaluation and Treatment of Sleep Disorders is both comprehensive and conveniently portable. The book's 13 chapters offer a step-by-step method of differential diagnosis for some of the most common sleep complaints encountered in today's professional clinical practices.

After a brief overview of sleep physiology and pathology, each of the chapters addresses the symptoms, tests, and various behavioral and pharmacologic treatments for a wide range of sleep conditions. The latter chapters discuss sleep disorders in distinct patient demographics -- specifically children, women (during pregnancy, the postpartum period, and menopause) and the increasing population of older adults. The manual also includes a variety of figures and tables throughout, as well as several helpful patient handouts.

No other clinical text provides such a breadth of information in such a compact, easy-to-carry volume. By classifying sleep disorders by both clinical presentation, patient demographic, and related conditions, the Clinical Manual for Evaluation and Treatment of Sleep Disorders offers clinicians and students a valuable reference tool in diagnosis and treatment.

#### About the Author

**Martin Reite, M.D.**, is Clinical Professor in the Department of Psychiatry and Medical Director of the Neuromagnetic Imaging Laboratory at the University of Colorado, Denver. He is also a Diplomate of the American Board of Sleep Medicine and the American Board of Psychiatry and Neurology. **John Ruddy, M.D.**, is a consultant with The Center for Sleep and Wake Disorders in Chevy Chase, Maryland, and a Diplomate of the American Board of Sleep Medicine and American Board of Internal Medicine. **Michael Weissberg, M.D.**, Executive Vice-Chair of the Department of Psychiatry at the University of Colorado, Denver, and Diplomate of the American Board of Sleep Medicine and American Board of Psychiatry and Neurology.

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