



Principles and Practice of Sleep Medicine, 4th Edition (Principles & Practice of Sleep Medicine)

Meir H. Kryger, Thomas Roth, William Dement

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This authoritative guide to sleep medicine is also available as an e-dition, book (ISBN: 1416003207) plus updated online reference!

The new edition of this definitive resource has been completely revised and updated to provide all of the latest scientific and clinical advances. Drs. Kryger, Roth, and Dement-and over 170 international experts-discuss the most recent data, management guidelines, and treatments for a full range of sleep problems. Representing a wide variety of specialties, including pulmonary, neurology, psychiatry, cardiology, internal medicine, otolaryngology, and primary care, this "who's who" of experts delivers the most compelling, readable, and scientifically accurate source of sleep medicine available today.

- Includes user-friendly synopses of important background information before all basic science chapters.
- Provides expert coverage of narcolepsy * movement disorders * breathing disorders * gastrointestinal problems * neurological conditions * psychiatric disturbances * substance abuse * and more.
- Discusses hot topics such as the genetic mechanisms of circadian rhythms * the relationship between obesity, hormones, and sleep apnea * sleep apnea and arterial hypertension * and more.
- Includes a new section on Cardiovascular Disorders that examines the links between sleep breathing disorders and cardiovascular abnormalities, as well as the use of sleep related therapies for congestive heart failure.
- Provides a new section on Women's Health and Sleep Disorders that includes information on the effects of hormonal changes during pregnancy and menopause on sleep.
- Features the fresh perspectives of 4 new section editors.
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