Sleepiness Causes Consequences And Treatment

A Woman's Guide to Sleep Disorders

Drug abuse and addiction are common in clinical practice. Often they interfere with patient treatment or require an alternative approach. Drug Abuse and Addiction in Medical Illness: Causes, Consequences, and Treatment is a major contribution to the literature, a gold standard title offering a comprehensive range of topics for those who care for patients with addiction, conduct research in this area, or simply have an interest in the field. Offering state-of-the-art information for all those working with drug abusing or addicted patients, or for those interested in this topic from other research perspectives, the volume is a first of its kind book—rich, comprehensive, yet focused, addressing the needs of the very active theoretical, basic, and clinical research in the field. Comprised of 46 chapters organized in four sections and developed by the leading international experts, Drug Abuse and Addiction in Medical Illness: Causes, Consequences, and Treatment covers virtually every core, as well as contemporary, topic on addiction, from the established theories to the most modern research and development in the field. Enhancing the educational value of the volume, every chapter includes an abstract and two boxes summarizing learning objectives and directions for future research. Drug Abuse and Addiction in Medical Illness: Causes, Consequences, and Treatment discusses the topic in a authoritative, systematic manner and is an indispensable reference for all clinicians and researchers interested in this rapidly changing field.

Fatigue Management

Written and edited by leading clinicians and researchers in sleep medicine, this is the first book to focus on the causes, consequences and treatment of disorders of excessive sleepiness. Extensive coverage is provided for all known causes of sleepiness, including sleep deprivation, obstructive sleep apnea syndrome, narcolepsy and other hypersomnias of central origin, shift work, and medical and psychiatric disorders. Since many causes of sleepiness are difficult to differentiate from each other, and treatment modalities can vary greatly from one disorder to another, this book helps the clinician to formulate a differential diagnosis that will ultimately lead to the correct diagnosis. Epidemiology, evaluation of the sleepy patient, diagnostic investigations including neuroimaging, subjective and objective testing, cognitive effects of sleepiness, motor vehicle driving issues, medico-legal aspects of sleepiness, and therapy are also discussed in detail. This is an essential resource for neurologists, psychiatrists and sleep specialists.

Drug Abuse and Addiction in Medical Illness

More than 20 million women have trouble sleeping at night. Yet sleep disorders among women are prone to misdiagnosis and therefore mistreatment. A Woman's Guide to Sleep Disorders is the first comprehensive book written about sleep disorders in women by a leading medical expert in the field. Dr. Kyger provides a thorough overview of sleep disorders among women. He shows how to determine whether a sleep problem is a disorder, help pinpoint causes, and what can be done to help. A resource guide, sleep questionnaire, and worksheet are included to assist the reader—and her doctor—in evaluating her condition.

Sleep—Wake Disorders

The Handbook of Operator Fatigue

Nocturia: Causes, Consequences and Clinical Approaches is the first volume exclusively on the topic of nocturia and is designed to be a comprehensive treatise on the subject. The volume is organized into 11 chapters first introducing and defining nocturia and its impact to patients and society, followed by chapters dealing with predictors and risk factors; relationship to sleep disorders; overactive bladder; and water homeostasis. Therapeutic areas addressing nocturia are covered in specific chapters and include pharmacotherapy affecting the bladder; prostate and kidneys as well as behavioral therapy and surgical intervention. Separate chapters are devoted to alternative therapies as well as the impact of nocturia in the elderly. The volume closes with a chapter presenting avenues for future investigation into the etiology and management of nocturia. Clinical case scenarios inclusive of figures and tables illuminate the evaluation and management of patients with nocturia. Nocturia: Causes, Consequences and Clinical Approaches will give physicians and related healthcare providers the background to understand the conditions causing nocturia, how nocturia affects society and the basis for its rational treatment. It will be used as a state of the art reference by urologists, urogynecologists, internists, nephrologists, pulmonologists, endocrinologists and sleep medicine specialists.

Hypersomnolence, An Issue of Sleep Medicine Clinics

On average people spend one third of their life sleeping. An understanding of the physiology and pathophysiological changes that take place during this time is, therefore, essential to the medical care of
patients. Sleep disorders can arise from a variety of causes including respiratory, psychiatric and neurological conditions, as well as pain and lifestyle changes. Consequently, their understanding is pertinent to a wide range of clinicians who require an overview of their diagnosis and treatment. Written by one of the UK’s leading authorities on sleep medicine, Sleep Medicine: A Guide to Sleep and its Disorders presents a practical guide to the clinical problems related to sleep disorders. An experienced author, John Shneerson writes concisely and presents the information in a most accessible way. The text is clearly organised and full use has been made of tables and line diagrams. Whilst the body of the text is clinical in approach, the scientific basis of sleep and sleep medicine and the technical aspects of sleep investigations are explained fully. The book is divided into three sections. The first group of chapters considers the fundamentals of sleep, the effects of drugs on sleep and how to assess sleep complaints. The main body of the book consists of chapters on individual sleep disorders. Each of these has a structured approach, outlining both assessment and treatment. Insomnia, excessive daytime sleepiness, awareness during sleep and behavioural abnormalities are covered. The final chapters deal with the important respiratory consequences of upper airway dysfunction, changes in the control of breathing during sleep and the social implications of sleep problems. Sleep medicine is a fast developing discipline which interfaces with many of the medical specialties. Sleep Medicine: A Guide to Sleep and its Disorders enables doctors and other health professionals to access recent advances ensuring that their patients receive the optimum treatment for their sleep disorders.

Sleep Disorders in Children

The cognitive and behavioral implications of sleep deprivation have been noted in the medical literature for many years. In addition, emerging research continues to demonstrate the contribution of sleep deprivation to some of the most common and costly health conditions today. Sleep Deprivation and Disease provides clinically relevant scientific information to help clinicians, public health professionals, and researchers recognize the ramifications of sleep deprivation across a broad spectrum of health topics. This timely reference covers sleep physiology, experimental approaches to sleep deprivation and measurement of its consequences, as well as health and operational consequences of sleep deprivation. Clinical challenges and areas of uncertainty are also presented in order to encourage future advancements in sleep medicine and help patients avoid the outcomes associated with the myriad causes of sleep deprivation.

Nocturia

This comprehensive two-volume work provides an overview of an area of growing concern, offering readers a one-stop resource for researching the chronic conditions that increasingly plague our society. • Presents comprehensive, up-to-date information in an easily accessible style • Examines the many facets of researching, diagnosing, and controlling chronic diseases • Covers preventive measures such as selecting a nutrition plan, physical activity, vaccinations, and screenings • Explores topics within their historical and societal context and in correlation with the standards of health education • Brings together the expertise of a wide range of respected professionals

Sleep Medicine

There are approximately 4,000 fatalities in crashes involving trucks and buses in the United States each year. Though estimates are wide-ranging, possibly 10 to 20 percent of these crashes might have involved fatigued drivers. The stresses associated with their particular jobs (irregular schedules, etc.) and the lifestyle that many truck and bus drivers lead, puts them at substantial risk for insufficient sleep and for developing short- and long-term health problems. Commercial Motor Vehicle Driver Fatigue, Long-Term Health and Highway Safety assesses the state of knowledge about the relationship of such factors as hours of driving, hours on duty, and periods of rest to the fatigue experienced by truck and bus drivers while driving and the implications for the safe operation of their vehicles. This report evaluates the relationship of these factors to drivers’ health over the longer term, and identifies improvements in data and research methods that can lead to better understanding in both areas.

Sleep Disorders and Sleep Deprivation

This book focuses on the causes, consequences and treatment of disorders of excessive sleepiness.

Pediatric Sleep Medicine

Problem Sleepiness In Your Patient, Causes, Identification, Management Consequences, September 1997

This book provides a comprehensive approach to treating perinatal and postpartum depression. It brings together the evidence-base for understanding the causes and assessing the treatment options, including those that can be used while breastfeeding.

Neuroimaging of Sleep and Sleep Disorders
Work and Sleep

Nocturia: Causes, Consequences and Clinical Approaches is the first volume exclusively on the topic of nocturia and is designed to be a comprehensive treatise on the subject. The volume is organized into 11 chapters first introducing and defining nocturia and its impact to patients and society, followed by chapters dealing with predictors and risk factors; relationship to sleep disorders; overactive bladder; and water homeostasis. Therapeutic areas addressing nocturia are covered in specific chapters and include pharmacotherapy affecting the bladder, prostate and kidneys as well as behavioral therapy and surgical intervention. Separate chapters are devoted to alternative therapies as well as the impact of nocturia in the elderly. The volume closes with a chapter presenting avenues for future investigation into the etiology and management of nocturia. Clinical case scenarios inclusive of figures and tables illuminate the evaluation and management of patients with nocturia. Nocturia: Causes, Consequences and Clinical Approaches will give physicians and related healthcare providers the background to understand the conditions causing nocturia, how nocturia affects society and the basis for its rational treatment. It will be used as a state of the art reference by urologists, urogynecologists, internists, nephrologists, pulmonologists, endocrinologists and sleep medicine specialists.

General Debility and Defective Nutrition: their causes, consequences, and treatment

Sleep-wake disorders frequently give rise to severe ailments and varied distresses in a great number of people in the world, disturbing their physical and mental activities and their social function. Sleep-wake disorders are now classified into a great number of cate gories according to their clinical features and etiological factors. Patients with sleep-wake disorders are taken care of not only by specialists for such disorders but also by general physicians and specialists of different physical and mental disorders. In the recent years, the nature of sleep and sleep-wake disorders have been intensively studied by investiga tors belonging to different fields of science including medicine, biology, and psychology in many countries. It is very important for the progress of research that investigators work ing in the related fields in different countries meet together and exchange their findings and ideas. The Japanese-German International Symposium on Sleep-Wake Disorders was held on October 9-10th, 1996 in the old, beautiful city of Erfurt (Germany). This symposium was organized by Professor Karlheinz Meier-Ewert (Schwalmtstadt, Germany) and Dr. Masako Okawa (Ichikawa, Japan), with support of the German Society of Sleep Research (President at that time, Professor J. H. Peter) and of the Japanese Society of Sleep Research (President at that time, Professor Y. Hishikawa).

Sleepiness

Clinical practice related to sleep problems and sleep disorders has been expanding rapidly in the last few years, but scientific research is not keeping pace. Sleep apnea, insomnia, and restless legs syndrome are three examples of very common disorders for which we have little biological information. This new book cuts across a variety of medical disciplines such as neurology, pulmonology, pediatrics, internal medicine, psychiatry, psychology, otolaryngology, and nursing, as well as other medical practices with an interest in the management of sleep pathology. This area of research is not limited to very young and old patientsâ€“ sleep disorders reach across all ages and ethnicities. Sleep Disorders and Sleep Deprivation presents a structured analysis that explores the following: Improving awareness among the general public and health care professionals. Increasing investment in interdisciplinary somnology and sleep medicine research training and mentoring activities. Validating and developing new and existing technologies for diagnosis and treatment. This book will be of interest to those looking to learn more about the enormous public health burden of sleep disorders and sleep deprivation and the strikingly limited capacity of the health care enterprise to identify and treat the majority of individuals suffering from sleep problems.

Living with Insomnia

Insomnia is a sleep disorder that affects people worldwide. This text provides those with sleep problems or chronic insomnia an overview of research on the causes of sleep loss and the physical effects of insomnia, as well as possible treatments. Disorders are summarized and illustrated with real-life stories about sleep experiences and remedies. This is a concise guide to help readers improve their sleep habits and lives.

Clinical Manual for Evaluation and Treatment of Sleep Disorders

In a world of 24-hour media saturation, sleep has become an increasingly fraught enterprise. The award-winning four-volume Encyclopedia of Sleep is the largest reference, either online or in print, on the subject of sleep. Written to be useful for the novice and the established researcher and clinician, Topic areas will include sleep across the life cycle and in other species, sleep and women, sleep and the elderly, pediatric sleep, sleep deprivation and loss, sleep mechanisms, sleep physiology and pathophysiology, sleep disorders, neurobiology, chronobiology, pharmacology, and impact of other disorders on sleep. Recognizing the many fields that are connected to sleep science, the editorial team has been carefully chosen to do justice to this highly interdisciplinary field of study. The steady growth of researchers and clinicians in the sleep field attests to the continued interest in the scientific study of sleep and the management of patients with sleep disorders, and anyone involved in this exciting field should find this work to be an invaluable reference. 2013 PROSE Award winner for Multivolume Reference in Science from the Association of American Publishers Thoroughly interdisciplinary: looks at sleep throughout the life cycle, with exceptional coverage of basic sleep concepts, the physiology of sleep as well as sleep disorders of all descriptions Excellent coverage of sleep and special populations, covering the lifespan, as well as gender and ethnic differences, among others Chapters focusing on sleep disorders are grouped under the broad categories classified in the ICSBD-2 for clear organization so that the reader can effectively access the steps involved in diagnosing and treating these disorders Online version is linked both within the encyclopedia (to related content) and to external sources (such as primary journal content) so that users have easy access to more detailed information if needed

Depression in New Mothers

You've been doing it since birth. You will do it till you die. You spend a full third of your life doing it. So why is it so hard sometimes? Sleeping seems like it should be the easiest thing in the world. Lie back, close your eyes, and drift off to dream land! But for some people, sleep is anything but easy. For a growing segment of our population, sleep difficulties are becoming routine. In a recent survey done by the National Sleep Foundation, nearly 50 percent of Americans age eighteen or older reported that they are excessively tired during the day, presumably from lack of sleep at night. Teens are no exception. Nearly one out of three girls asleep in class once a week. We know we're chronically fatigued—but why are we so tired? Lifestyle issues, sleep habits, health conditions, medicines, drug abuse, stress—these can
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certainly rob us of sleep, but perhaps the greatest unrecognized source of our tiredness is a group of conditions called sleep disorders. Often undiagnosed, sleep disorders can seriously compromise the health and lives of those who wrestle with them. What are sleep disorders, and how can they be treated? What are their effects, and how does a person know if she has one? Using numerous case studies combined with easy-to-understand information, Sleep Disorders takes a comprehensive look at the causes and symptoms of sleep disorders, methods of diagnosis and treatment, specific drugs used in treatment, and alternative strategies for management. By examining the causes and cures of these sleep robbers, readers will discover that, contrary to popular belief, it is possible to get a good night's sleep in our bustling world.

**Dental Management of Sleep Disorders**

Principles and Practice of Sleep Medicine, 5th Edition, by Meir H. Kryger, MD, FRCPC, Thomas Roth, PhD, and William C. Dement, MD, PhD, delivers the comprehensive, dependable guidance you need to effectively diagnose and manage even the most challenging sleep disorders. Updates to genetics and circadian rhythms, occupational health, sleep in older people, memory and sleep, physical examination of the patient, comorbid insomnias, and much more keep you current on the newest areas of the field. A greater emphasis on evidence-based approaches helps you make the most well-informed clinical decisions. And, a new more user-friendly, full-color format, both in print and online, lets you find the answers you need more quickly and easily. Whether you are preparing for the new sleep medicine fellowship examination, or simply want to offer your patients today's best care, this is the one resource to use! Make optimal use of the newest scientific discoveries and clinical approaches that are advancing the diagnosis and management of sleep disorders.

**Sleep Deprivation**

Comprehensive and conveniently portable, this work offers clinicians a concise, step-by-step method of differential diagnosis for some of the most common sleep complaints encountered in today's professional clinical practices.

**Patient Safety and Quality**

This timely volume shows how abuse impacts every segment of society—and how society is seeking effective ways to respond. • Offers an introductory essay that places the subject in context and provides a framework within which to study and understand abuse • Features entries from leading scholars who provide a contemporary approach to the issues • Covers a wide range of types of abuse, individuals and organizations affected by abuse, and people working to reduce and eliminate abuse • Includes summaries of laws that apply to various forms of abuse • Provides a “topic finder” to assist readers in locating information relative to particular types of abuse

**Nocturia**

The seeds and fruits (or their parts) of Iberoamerican crops have high nutritional and functional properties which could be utilized in a wide range of foods. The crops included in this book are amaranth (Amaranthus spp.), quinoa (Chenopodium quinoa), kachiw (Chenopodium pallidicaule), chia (Salvia hispanica L.), Andean maize (Zea mays L.), moringa (Moringa oleifera), yacuru (Plinia peruviana), kuruga (Sicania odorifera), sacha inchi (Plukenetia huayllabambana), camu camu (Myrciaria dubia), mango (Mangifera indica), tarwi (Lupinus mutabilis), peanut (Arachis hypogaea L.) and tarrow (Colocasia esculenta), all of them still underutilized. Their cultivation is low; nevertheless, in recent years, the worldwide demand for some of them has increased immensely, resulting in an increase in their production. The ancient Iberoamerican crops have been widely recognized for their nutritional value by food scientists and food producers because they contain high-quality proteins and large quantities of micronutrients such as minerals, vitamins and bioactive compounds. In addition, they are gluten-free, which makes them suitable for people suffering from various gluten intolerances. This book summarizes the large amount of investigations in this field in the last year and provides knowledge within all the relevant areas of food science. The editors hope that this book will contribute to an increased use of these products in human nutrition by consumers worldwide.

**The Orexin System. Basic Science and Role in Sleep Pathology**

Are you prepared to provide the best possible treatment for new mothers with depression— including those determined to breastfeed? This book, which completely updates Kathleen Kendall-Tackett’s 1993 classic text Postpartum Depression, provides you with a comprehensive approach to treating postpartum depression in an easy-to-use format, including treatment options that are safe for use with breastfeeding mothers. Addressing fatigue, pain, newborn beliefs, infant characteristics, and psychosocial factors, Depression in New Mothers: Causes, Consequences, and Treatment Alternatives presents a vital, cross-cultural view of depression in new mothers that will prove invaluable in treating the mothers who come to you for help. Depression in New Mothers: Causes, Consequences, and Treatment Alternatives displays the reader-friendly, full-color format, both in print and online, lets you find the answers you need more quickly and easily. Whether you are preparing for the new sleep medicine fellowship examination, or simply want to offer your patients today's best care, this is the one resource to use! Make optimal use of the newest scientific discoveries and clinical approaches that are advancing the diagnosis and management of sleep disorders.
medications to combat postpartum depression the impact of various treatments on breastfeeding--with treatment options that are safe for women who continue breastfeeding through treatment From the Foreword, by Jane Honikman, Founding Director of Postpartum Support International, Santa Barbara, California: Dr. Kathleen Kendall-Tackett has been a pioneer educator in the field of maternal mental health since her first book, Postpartum Depression, was published in 1993. In this new volume she expands upon her knowledge of the complexities and interrelationships that exist in the field of maternal depression. Her goal is to equip her readers with the information needed to make a real difference in the lives of mothers and babies. She has achieved this goal through a systematic framework that will help you understand the topic and how to communicate effectively with postpartum mothers. Depression in New Mothers is truly comprehensive, addressing under-investigated issues, such as negative birth experience, previously untreated trauma, and the impact of infant characteristics such as crying, sleep habits, prematurity, chronic illness, and disability. Each chapter contains summaries of thought-provoking research. The Orexin System: Basic Science and Role in Sleep Pathology honors this research and the authors share their ideas and perspectives on the novel developments within the system, such as narcolepsy, insomnia, substance abuse, and Alzheimer’s disease, and explores the new potential therapeutic applications derived from the burst of research around this fascinating system. This book provides comprehensive coverage of all aspects related to pediatric sleep and its associated disorders. It addresses the ontogeny and maturational aspects of physiological sleep and circadian activity, subjective sleepiness and sleep were assessed in patients with CHF and older healthy controls to test the hypothesis that physical activity would be reduced in those with central SDB compared to those without SDB, and reduced in both patient groups compared to the controls. In summary, this thesis investigated the mechanisms underlying central SDB in patients with HF, to elucidate their consequences, both by day and night and to address the ways in which treatment modalities may modify these pathophysiological mechanisms. [For supplementary files please contact author].

Sleepiness
This manual attempts to provide simple, adequate and evidence-based information to health care professionals in primary health care especially in low- and middle-income countries to be able to provide pharmacological treatment to persons with mental disorders. The manual contains basic principles of prescribing followed by chapters on medicines used in psychotic disorders; depressive disorders; bipolar disorders; generalized anxiety and sleep disorders; obsessive compulsive disorders and panic attacks; and alcohol and opioid dependence. The annexes provide information on evidence retrieval, assessment and synthesis and the peer view process.

Sleepiness South Asian Edition
Chronic heart failure (HF) is a prevalent clinical syndrome in which both central and obstructive sleep disordered breathing (SDB) have been described. The aim of this research was to investigate the mechanisms causing central SDB, their consequences with reference to sleep and physical activity, and the way in which treatment modalities may modify these. The first study of this thesis is the SERVE-HF study, a randomised controlled trial of adaptive servoventilation (ASV) to treat central SDB in patients with CHF. This study is ongoing and aims to test the hypothesis that patients randomised to ASV will have a reduction in mortality compared to controls. Data regarding those randomised at the Royal Brompton Hospital are presented alongside data on ventilator compliance in the ASV group. The second study investigated ventilatory control, in HF patients both with and without SDB. It tested the hypothesis that those with central SDB had heightened chemosensitivity (assessed by the hypercapnic ventilatory response, HCVR) compared to those with no SDB and older healthy controls. The third study explored the effect of treatment on ventilatory control by testing the hypothesis that the implantation of a cardiac-resynchronisation therapy pacemaker would be associated with a reduction in the HCVR from baseline to 3 months post implantation. The fourth study investigated the consequences of SDB in CHF. Physical activity, subjective sleepiness and sleep were assessed in patients with CHF and older healthy controls to test the hypothesis that physical activity would be reduced in those with central SDB compared to those without SDB, and reduced in both patient groups compared to the controls. In summary, this thesis investigated the mechanisms underlying central SDB in patients with HF, to elucidate their consequences, both by day and night and to address the ways in which treatment modalities may modify these pathophysiological mechanisms. [For supplementary files please contact author].

Encyclopedia of Sleep
Dental Management of Sleep Disorders focuses on the dentist’s role in treating patients with sleep problems, chiefly sleep disordered breathing and bruxism. A practical clinical book, Dental Management of Sleep Disorders highlights the background to these problems, discusses the dentist’s role in their diagnosis and treatment, and outlines clinical strategies and guidance. The book features a full discussion of the use of appliances, an overview of current treatment modalities, and investigates the relationship of sleep disorders to dental and orofacial causes.

Sleep Disorders
The orexin system, discovered in 1998, has emerged as a crucial player in regulating the sleep and wake balance inside our brain. This discovery has sparked a burst of novel and dynamic research on the physiology and pathology of sleep. The Orexin System: Basic Science and Role in Sleep Pathology honors this research and the authors share their ideas and perspectives on the novel developments within the field. In the best book of this kind, the intricate role of the orexin system in regulating sleep and wake, and its interaction with other wake-regulating systems. The orexin system is dissected at the cellular and molecular level to explore the diversity of the orexin-producing neurons, their projections, and their signaling pathways. Additionally, the book discusses the diseases which are associated with a dysfunctional orexin system, such as narcolepsy, insomnia, substance abuse, and Alzheimer’s disease, and explores the new potential therapeutic applications derived from the burst of research around this fascinating system. This publication is essential reading for neurobiologists, neurologists, psychopharmacologists, sleep researchers, and other researchers and clinical scientists interested in sleep, sleep research, insomnia, and medicine in general.

Your guide to healthy sleep
This book provides comprehensive coverage of all aspects related to pediatric sleep and its associated disorders. It addresses the ontogeny and maturational aspects of physiological sleep and circadian rhythms, as well as the effects of sleep on the various organ systems as a function of development. Organized into nine sections, the book begins with a basic introduction to sleep, and proceeds into an extensive coverage of normative sleep and functional homeostasis. Part three then concisely examines the humoral and developmental aspects of sleep, namely the emerging role of metabolic tissue and the intestinal microbiota in regulation. Parts four, five, and six discuss diagnoses methods, techniques in sleep measurement, and specific aspects of pharmacotherapy and ventilator support for the pediatric
patient. Various sleep disorders are explored in part seven, followed by an in-depth analysis of obstructive sleep apnea in part eight. The book concludes with discussions on the presence of sleep issues in other disorders such as Down syndrome, obesity, cystic fibrosis, and asthma. Written by recognized leaders in the field, Pediatric Sleep Medicine facilitates an extensive learning experience for practicing physicians who encounter specific sleep-related issues in their practice.

**Commercial Motor Vehicle Driver Fatigue, Long-Term Health, and Highway Safety**

Sleep disorders and disruptions are commonly associated with negative mood, hostility, poor concentration, and ego depletion. And while researchers have long investigated the widespread negative effects of shift work on individuals, the knowledge derived from these studies is rather limited to those with non-linear work schedules. However, whether employees are clocking in a normal 9-5 or trudging through the graveyard shift, sleep is a crucial activity for us all. If the quantity and quality of our sleeping patterns are disrupted, the consequences affect not only the employee but for the organization they work for, as well. Work and Sleep: Research Insights for the Workplace addresses the effects of sleep on employee and organizational functioning, and the impact of common work experiences on a night’s rest. With a team of influential organizational psychologists at the helm, the editors lead a group of expert contributors as they each explore the issues that, regardless of industry, matter in work force well-being today.

**The Alcohol Hangover**

An up-to-date, superbly illustrated practical guide to the effective use of neuroimaging in the patient with sleep disorders. The only book to date to provide comprehensive coverage of this topic. A must for all healthcare workers interested in understanding the causes, consequences and treatment of sleep disorders.

**Principles and Practice of Sleep Medicine - E-Book**

On average people spend one third of their life sleeping. An understanding of the physiology and pathophysiological changes that take place during this time is, therefore, essential to the medical care of patients. Sleep disorders can arise from a variety of causes including respiratory, psychiatric and neurological conditions, as well as pain and lifestyle changes. Consequently, their understanding is pertinent to a wide range of clinicians who require an overview of their diagnosis and treatment. Written by one of the UK’s leading authorities on sleep Medicine, Handbook of Sleep Medicine presents a practical guide to the clinical problems related to sleep disorders. An experienced author, John Shneerson writes concisely and presents the information in a most accessible way. The text is clearly organised and full use has been made of tables and line diagrams. Whilst the body of the text is clinical in approach, the scientific basis of sleep and sleep medicine and the technical aspects of sleep investigations are explained fully. The book is divided into three sections. The first group of chapters considers the fundamentals of sleep, the effects of drugs on sleep and how to assess sleep complaints. The main body of the book consists of chapters on individual sleep disorders. Each of these has a structured approach, outlining both assessment and treatment. Insomnia, excessive daytime sleepiness, awareness during sleep and behavioural abnormalities are covered. The final chapters deal with the important respiratory consequences of upper airway dysfunction, changes in the control of breathing during sleep and the social implications of sleep disorders. Sleep medicine is a fast developing discipline which interfaces with many of the medical specialties. Handbook of Sleep Medicine enables doctors and other health professionals to access recent advances ensuring that their patients receive the optimum treatment for their sleep disorders.

**Depression in New Mothers**

This issue of Sleep Medicine Clinics is edited by Dr. Ahmed BaHammam and focuses on Hypersomnia. Article topics include: Hypersomnia: neurobiological basis; Narcolepsy Immunogenetics: Where is the Evidence?; Genetic markers of sleepiness; Autonomic function instabilities in Narcolepsy; Epidemiology of Excessive Daytime Sleepiness; Evaluation of the sleepy patient: differential diagnosis; Subjective and objective assessment of hypersomnia; Sleepiness in Narcolepsy; Idiopathic hypersomnia; Sleep-disordered breathing and excessive daytime sleepiness; Drug-induced excessive sleepiness; Kleine-Levin syndrome and recurrent hypersomnia; Behaviorally induced insufficient sleep syndrome: an underestimated cause of hypersomnia; Sleepiness in children; Sleepiness in Adolescents; Sleepiness in the elderly; Depression and Hypersomnia: a complex association; Neurodegenerative diseases and excessive sleepiness; Sleepiness and traffic safety; Pharmacological management of excessive daytime sleepiness; Non-pharmacological management of excessive daytime sleepiness.

**Pharmacological Treatment of Major Disorders in Primary Health Care**

Fatigue is a recognized problem in many facets of the human enterprise. It is not confined to any one area of activity but enters all situations in which humans have to perform for extended intervals of time. Most problematic are the circumstances in which obligatory action is continuous and the results of failure are evidently serious or even catastrophic. Therefore, the modern media especially highlights fatigue-related failures in industries such as transportation, materials processing and healthcare. It can be, and indeed is, no coincidence that most of the spectacular failures in process control that have resulted in the world’s largest industrial accidents have occurred in the small hours of the morning when the circadian rhythm is lowest and operator fatigue itself peaks. While there have been legislative efforts made at state, federal and international levels to regulate working hours of employees, the appropriate implementation of such legislation is still a long way off. The Handbook of Operator Fatigue provides a comprehensive
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account of the subject to serve as the definitive reference work for researchers, students and practitioners alike. The volume features 30 chapters written by experts from around the world to address each important facet of fatigue, including: the scale of the fatigue problem (Section I), the nature of fatigue (Section II), how to assess fatigue (Section III), the impact of fatigue on health (Section IV), fatigue in the workplace (Section V), the neurological basis of fatigue (VI), sleep disorders (VII), and the design of countermeasures to fatigue (VIII).

Abuse: An Encyclopedia of Causes, Consequences, and Treatments

This book is both an exam guide to children’s sleep medicine and a practical manual for diagnosis and management of sleep disorders in children. An overview of the most frequent sleep disorders encountered in newborns, infants, children and adolescents is provided. This book discusses the main sleep disorders in detail, including insomnia, respiratory disturbances, movement disorders during sleep, circadian rhythm disorders, parasomnias, and disorders associated with increased sleepiness. It also covers sleep disorders associated with neurological, psychiatric, and medical diseases. This book is divided into two parts. The first part is an introduction to childhood sleep physiology and pathology, epidemiology of sleep disorders, and diagnostic procedures. The second part describes the most frequent sleep disorders in greater depth. Sleep Disorders in Children is aimed at sleep researchers, pediatricians, child neurologists and child psychiatrists, as well as patient organizations and families with affected children.

Handbook of Sleep Medicine

Problems with sleeping are common and make life difficult for the individual who is affected and for those around them. Sleep difficulties are particularly prevalent amongst people with Autism Spectrum Disorders (ASD) and often cause or worsen other difficulties. This comprehensive guide to the management of sleep problems, introduces all the proven remedies and focuses on the problems commonly found in ASDs and related conditions. The author discusses sleep in depth, including how we currently define and understand it. The full spectrum of sleep disorders is explained alongside the range of possible treatment approaches. The book also examines why some sleep problems are more common among people with an ASD than others, how sleep problems evolve over time, what can be done to treat them and the likely benefits from different treatments. This book is a complete resource for professionals, families and carers working with those suffering from sleep problems of any kind. It will be of great interest to anyone wanting to gain a thorough understanding of sleep in relation to ASDs.

Sleep Difficulties and Autism Spectrum Disorders

Chronic Diseases: An Encyclopedia of Causes, Effects, and Treatments [2 volumes]

"Nurses play a vital role in improving the safety and quality of patient care – not only in the hospital or ambulatory treatment facility, but also of community-based care and the care performed by family members. Nurses need know what proven techniques and interventions they can use to enhance patient outcomes. To address this need, the Agency for Healthcare Research and Quality (AHRQ), with additional funding from the Robert Wood Johnson Foundation, has prepared this comprehensive, 1,400-page, handbook for nurses on patient safety and quality – Patient Safety and Quality: An Evidence-Based Handbook for Nurses. (AHRQ Publication No. 08-0043)."–Online AHRQ blurb, http://www.ahrq.gov/qual/nurseshdbk.

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