



# Clinicians' Guide to Sleep Medicine (Clinicians Guide Series)

*Neil Douglas*

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Adequate sleep is essential for our work and safety, yet the importance of disorders of sleep in causing symptoms and impairment of quality of life has only recently been appreciated. Awareness of these conditions among general physicians is limited, a situation perpetuated by the lack of teaching on the topic that both undergraduate medical students and postgraduate doctors in training receive.

'Clinicians' Guide to Sleep Medicine' puts the subject into context for the GP and general hospital physician, presenting the current knowledge of sleep related problems and their treatments in an accessible manner. Topics covered include sleep apnoea / hypnoea syndrome, narcolepsy, snoring, insomnia, restless leg syndrome, night terrors, and sleep walking. Investigation of patients with sleep disorders, and rational selection of therapy are also considered.

With a balanced, readable style and clear explanatory illustrations, this book will enable practising physicians to draw on the experience of an acknowledged international expert in the field and deal with the common sleep disorders with understanding and confidence.

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