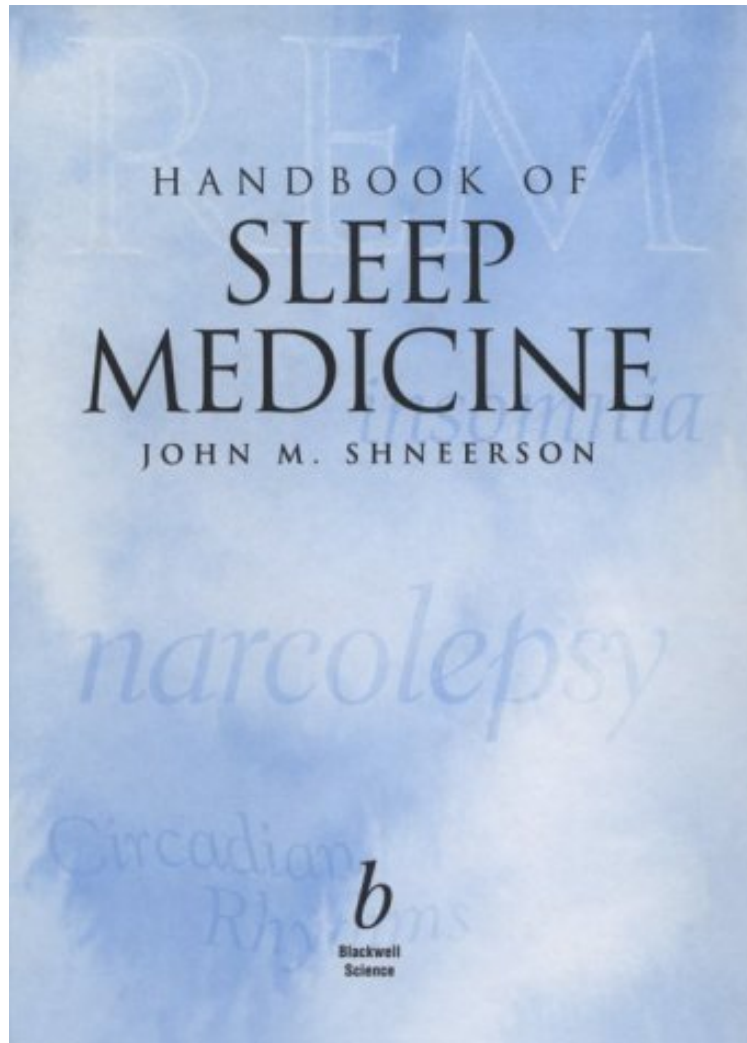


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Handbook of Sleep Medicine (Boston Studies in the Philosophy and History of Science)

John M. Shneerson

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John M. Shneerson : Handbook of Sleep Medicine (Boston Studies in the Philosophy and History of Science) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Handbook of Sleep Medicine (Boston Studies in the Philosophy and History of Science):

0 of 0 people found the following review helpful. Sleep medicine by the "Der Meister" By Richard Galley I was a patient of Dr Shneerson and I had to read his book. I guess I should have expected perfection from the Master Physician!

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 problems. 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.

From the Back Cover Sleep medicine is a fast developing discipline, and clinical research is now benefiting patients with access to specialist centres. However, sleep disorders generally tend to be underdiagnosed, causing considerable morbidity. Dr Shneerson provides a practical reference which will be invaluable for any physician faced with sleep-related problems, including neurologists, psychiatrists, respiratory and general physicians. The first series of chapters cover the fundamentals of sleep, including sleep assessment and the effect of drugs on sleep. This is followed by the main body of the book consisting of chapters on individual sleep disorders. Each of these chapters has a structured approach, outlining assessment and treatment. Insomnia, excessive daytime sleepiness, experience and awareness during sleep and behavioural abnormalities are all discussed. The final chapters deal with the respiratory consequences of upper-airway dysfunction, changes in the control of breathing during sleep and the social implications of sleep problems. While the book is primarily clinical in approach, it also covers the science of sleep measurement, making it particularly useful to specialists in sleep medicine at all levels. About the Author Dr Shneerson is the Director of the Respiratory Support and Sleep Centre at Papworth Hospital, the largest sleep centre in the UK. The Centre specializes in the management of respiratory problems during sleep, and offers a comprehensive service, including a narcolepsy programme. A well recognized expert, Dr Shneerson has authored over 200 publications in the sleep and respiratory fields.