



Sleep Disorders: Diagnosis and Treatment (Current Clinical Practice)

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Authoritative clinicians present up-to-date, concise, and practical advice on the diagnosis and treatment of the most common sleep disorders encountered in general practice. They not only review such problems as obstructive sleep apnea, insomnia, circadian rhythm disorders, and narcolepsy, but they also discuss such important topics as pediatric sleep disorders, the pharmacology of sleep medicines, diagnostic testing and technology, and the use of bright light therapy in sleep disorders and depression. Throughout, the emphasis is on obtaining an appropriate patient history and carefully analyzing the available diagnostic and treatment strategies to determine appropriate therapeutic regimens.

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