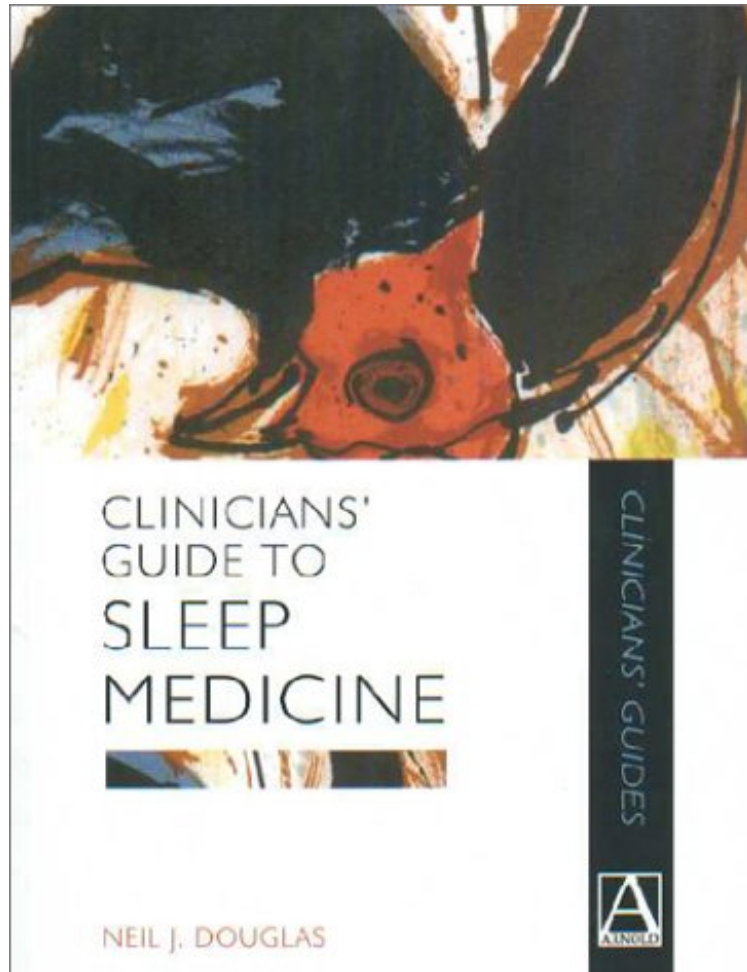


(Free download) Clinicians' Guide to Sleep Medicine (Clinicians Guide Series)

Clinicians' Guide to Sleep Medicine (Clinicians Guide Series)

Neil Douglas

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Neil Douglas : Clinicians' Guide to Sleep Medicine (Clinicians Guide Series) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Clinicians' Guide to Sleep Medicine (Clinicians Guide Series):

4 of 4 people found the following review helpful. An essential guide
By A Customer
Sleep disorders are highly prevalent in our community but are under-recognised and under-treated by the majority of health care providers despite the huge explosion of knowledge over the last 20 years. Furthermore, there is evidence to suggest that most doctors receive little or no education in sleep medicine and in most countries, it is not yet a requirement to complete any amount of training time in this area. A number of texts have been published in recent years in the field of sleep, but few are as up-to-date and accessible as the current publication by Douglas. In approaching this vast and still burgeoning area, he has logically and systematically categorised the various disorders of sleep, starting with sleep apnoea, and moving through narcolepsy, parasomnias, insomnia, phase shift disorders and diseases in which sleep may

play an important role, e.g. COPD and asthma. Throughout, Douglas has given a brief historical summary, followed by a description of the known mechanisms/aetiologies of each particular disorder. His description of the physiology and pathophysiology of the upper airways in relation to sleep apnoea is unparalleled - well structured and easy to follow. The references are current or relate to seminal work in the area under discussion, which is an additional bonus to those stimulated to look further afield. Basic facts are well presented, the book is replete with diagrams, tables and lists of differential diagnoses or management strategies which all serve to strengthen the messages in the text. The text itself is clear and engaging; the style straightforward and factual. This book serves as both an introduction to sleep medicine for the student, clinician or practising physician and as a summary for those already engaged in the field. As textbooks and reference books go, this one is to be highly recommended and should be a staple addition to the medical bookshelf.

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.

Douglas gives an excellent and readable summary of the main problems in sleep medicine. He has the gift of unusual clarity. I have learnt more from him about respiratory problems in sleep than from any other author. Davis Parkes, Clinical Medicine. About the Author Neil Douglas is at University of Edinburgh; Director, Scottish National Sleep Laboratory, Edinburgh.