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Sleep Disorders For Dummies

Ravi Gupta



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Sleep Disorders for Dummies Michael Paige, Terence M. Davidson, 2001

Sleep Problems Don Nardo, 2013-12-16 Everyone knows that a good night's sleep can make all the difference in the world This volume talks about sleep disorders It describes the different types of sleep disorders what research suggests about the causes of sleep disorders and how sleep disorders are treated and prevented

Encyclopedia of Sleep, 2013-01-17 In a world of 24 hour media saturation sleep has become an increasingly fraught enterprise The award winning four volume Encyclopedia of Sleep Four Volume Set 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

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Crush Your Own Nightmare! Harold Taylor, 2022-02-03 This book contains an explanation of PTSD and C PTSD nightmares sleep disorders frightening images and detailed results of the intervention herein contained using living human beings Included in the book is a complete intervention that has been proven to be successful in the treatment of twenty one different patients in the total eradication of insomnia nightmares and in one case the complete disappearance of two frightening daytime images

Sleep Well on the Autism Spectrum Kenneth Aitken, 2014-02-21 Full of helpful information and practical advice this comprehensive guide introduces the most common sleep issues in children with ASDs describing both mainstream and complementary options for treatment what is involved and the outcomes that can be expected

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Sleep Disorders J. Steven Poceta, Merrill M. Mitler, 2013-03-14 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 **Psychiatry for Beginners - E-Book** Ravi Gupta, 2016-05-30 This book has been designed for the beginners in Psychiatry It is based upon the current knowledge regarding Psychiatric disorders and unfolds the neuro scientific foundation of the symptoms and their management Chapters are clubbed into sections and each section represents a super specialty in the field of Psychiatry Then it goes to the next level of organization Disorders that share some common features are grouped into one chapter Each chapter begins with the basic concept that ties all the disorders described in that chapter to reduce the burden on your memory As you do in the clinics each chapter starts with a clinical vignette and then discusses the clinical features of other disorders falling in the same group Pathophysiology is depicted with the help of diagrams so as to improve your understanding In addition to differential diagnosis a section of diagnostic fallacies has been given This book is based upon the DSM 5 criteria which makes it useful for the students appearing in USMLE examination However for students from other countries a comparison between DSM 5 and ICD 10 has been provided This book comes with complimentary access to enhanced e book with digital assets University and PG exam patterned MCQs Important case discussions Running on Empty Connie Goldsmith, 2021-04-06 Young adults need eight to ten hours of sleep each night yet nearly half fail to get the sleep they need and nearly a third have fallen asleep in school due to insufficient sleep So many Americans both teens and adults lack quality sleep that the Centers for Disease Control and Prevention calls sleep deprivation a public health epidemic Chronic sleep deprivation leads to poor performance during the day and impacts stress levels academic performance and physical and mental health The American Academy of Sleep Medicine found that sleeping difficulties contribute to one third of auto accidents And drowsy driving can lead to fatalities Author and registered nurse Connie Goldsmith presents a much needed scientific and informative approach to the topic of sleep making the case for taking measures to get adequate and quality sleep each night to combat anxiety depression and stress Running on Empty Sleeplessness in American Teens provides readers with information on the why and tips for the how to sleep well

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