

Health Reference Series

Third Edition

Sleep Disorders

SOURCEBOOK



Basic Consumer Health Information about Sleep Disorders, Including Insomnia, Sleep Apnea and Snoring, Jet Lag and Other Circadian Rhythm Disorders, Narcolepsy, and Parasomnias, Such as Sleepwalking and Sleep Paralysis, and Featuring Facts about Other Health Problems that Affect Sleep, Why Sleep Is Necessary, How Much Sleep Is Needed, the Physical and Mental Effects of Sleep Deprivation, and Pediatric Sleep Issues

Along with Tips for Diagnosing and Treating Sleep Disorders, a Glossary of Related Terms, and a List of Resources for Additional Help and Information



*Edited by
Sandra J. Judd*

Sleep Disorders Sourcebook

Michael Seilmaier



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Sleep Disorders Sourcebook Angela L. Williams, 2019 Provides basic consumer health information about the diagnosis treatment and prevention of sleep disorders in children and adults along with facts about how and why people sleep diseases that affect sleep and the health consequences of sleep deprivation Includes index glossary of related terms and other resources *Sleep Disorders Sourcebook* Sandra J. Judd, 2010 Basic consumer health information about sleep and sleep disorders plus facts about diagnostic procedures treatment strategies sleep medications and tips for improving sleep quality

Sleeping Well Michael J. Thorpy, Jan Yager, 2001 Provides an overview of sleep and sleep disorders including sleep apnea snoring insomnia dreams stages of sleep and restless legs syndrome **Sleep Disorders Sourcebook, 5th Ed.** James Chambers, 2019-07-01 Basic consumer health information about the diagnosis treatment and prevention of sleep disorders in children and adults along with facts about how and why people sleep diseases that affect sleep and the health consequences of sleep deprivation *The Sleep Disorder Sourcebook* Kenneth Fisher, 1997-09-01 The average person spends one third of his or her life sleeping a seemingly simple activity yet 40 million Americans suffer from some type of sleep disorder By providing the latest research and treatments The Sleep Disorder Sourcebook is an essential guide for these sufferers and their loved ones Sleep Disorders Sourcebook Amy L. Sutton, 2005 Provides basic consumer health information about diagnosis treatment and management of various sleep disorders and sleep problems related to disease Includes index glossary of related terms and other resources Provided by publisher **Sleep Disorders Sourcebook**, 2016 Provides basic consumer health information about the diagnosis treatment and prevention of sleep disorders in children and adults along with facts about diseases that affect sleep and the health consequences of sleep deprivation **Sleep Disorders Sourcebook** James Chambers (Editor), 2023 Provides basic health information about the diagnosis treatment and prevention of sleep disorders in children and adults along with facts about diseases that affect sleep and the health consequences of sleep deprivation Includes index glossary of related terms and other resources *Sleep Disorders Sourcebook* Sandra J. Judd, 2010 Basic consumer health information about sleep and sleep disorders plus facts about diagnostic procedures treatment strategies sleep medications and tips for improving sleep quality Sleep Disorders Sourcebook Jenifer Swanson, 1999 This Sourcebook will help readers identify symptoms of major sleep disorders including insomnia sleepwalking sleep apnea restless leg syndrome narcolepsy and their treatment options It describes sleep requirements sleep changes through the lifespan sleep medications and the cost of sleep deprivation to society BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved

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