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Sleep Disorders

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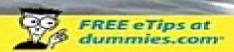
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Medical journalist and coauthor of Albheimer's For Bummles

Foreword by William C. Dement, MD, PhD Founder and Director of Stanford Sleep Research & Disorders Center

A Reference for the Rest of Us!



Sleep Disorders For Dummies

Nicky Huys

Sleep Disorders For Dummies:

Sleep Disorders For Dummies Max Hirshkowitz, Ph.D., A.B.S.M., Patricia B. Smith, 2004-05-07 When the last dinner dishes have been put away and the evening news is over most of us think about going to bed But for the millions who suffer from a chronic sleep disorder going to bed doesn't necessarily mean going to sleep And for millions more who experience occasional sleep disturbances nighttime might not be such a picnic either Now there s an easy to follow guide to help you get a good night's rest Sleep Disorders For Dummies is for anyone who has trouble sleeping or has a loved one who suffers from a sleep disorder Written by a sleep specialist and a medical reporter this no nonsense guide helps you Prevent and manage sleep disorders Improve your sleep habits Find relief from your symptoms Ask your doctor the right questions Enhance the quality of sleep This fact packed guide walks you through the different types of sleep disorders includin g sleep apnea insomnia narcolepsy and restless legs syndrome You ll discover the causes and symptoms of each disorder the various medical conditions that can disrupt sleep and the most common treatments Plus you ll see how to use good nutrition and exercise to promote sounder sleep and avoid known sleep disrupters such as caffeine and problem foods The authors also give you solid reassuring advice on Finding the right doctor to diagnose and treat your sleep disorder Managing stress and anxiety Turning your bedroom into a sleep sanctuary Choosing between the different types of sleep clinics Handling sleep disorders in children Featuring savvy tips on preventing jet lag sleeping well if you work the night shift and getting kids to bed without fuss Sleep Disorders for Dummies will help you get your zzzzzzzzs Sleep Disorders for Dummies Michael Sleep Problems Don Nardo, 2013-12-16 Everyone knows that a good night's sleep can Paige, Terence M. Davidson, 2001 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 Sleep For <u>Dummies</u> Clete A. Kushida, 2025-04-15 Improve your health your productivity and your relationships with sleep In a world constantly on the move it s not surprising that more and more people aren t sleeping as much as they d like Sleep For Dummies helps you understand the foundations of sleep and how it impacts our everyday lives With easy to understand explanations and simple strategies you can start using today this book will help you get the most out of your sleep hours Get science backed advice on how to get the sleep you need and explore how prioritizing your sleep health can supercharge your life with this fun Dummies guide Learn all about sleep cycles circadian rhythms dreams and the effects of sleep deprivation on your body and brain Get the lowdown on sleep changes across the lifespan plus sleep disorders like insomnia sleep apnea and beyond Find out how smartwatches and other wearable sleep technology can help improve your sleep quantity and quality Wake up each morning feeling refreshed thanks to tips to optimize your sleep Around 62% of adults worldwide feel they don't sleep well If you re in that group or trying to avoid getting in Sleep For Dummies is for you This is also a great resource for parents who want to understand their children's sleep needs shift workers and anyone with sleep struggles Look no farther for practical advice to help you get the Zs you need Oxford Handbook of Mental Health Nursing Patrick Callaghan, Catherine Gamble, 2015-10-01 Fully revised for its second edition the Oxford Handbook of Mental Health Nursing is the indispensable resource for all those caring for patients with mental health problems Practical concise and up to date with the latest guidelines practice and initiatives this handbook is designed to allow essential information to be guickly accessible to nurses in a busy clinical setting This Handbook contains expert guidance on all aspects of the nurses role Written by experienced nurses and teachers it will help you acheive the best possible results for your patients Summaries of key sections of the mental health act are provided as well as the mental capacity act mental health legislation in Scotland and other UK countries New material for the second edition includes expanded and revised information on leadership medications physical interventions basic life support religion spirituality and faith and working with older adults as well as a brand new chapter on contemporary issues in mental health nursing **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 concepts the physiology of sleep as well as sleep disorders of all descriptions Excellent coverage of sleep and special populations covering the lifespan as well as gender and ethnic differences among others Chapters focusing on sleep disorders are grouped under the broad categories classified in the ICSD 2 for clear organization so that the reader can effectively access the steps involved in diagnosing and treating these disorders Online version is linked both within the encyclopedia to related content and to external sources such as primary journal content so that users have easy access to more detailed information if needed Crush Your Own Nightmare! 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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 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the cerebral activity of sleep This text then discusses the effects on mental and physical health of non rapid eye movement NREM sleep rapid eye movement REM sleep and all sleep Other chapters consider the neurophysiology and cellular pharmacology of sleep mechanisms. This book discusses as well the physiologic changes that occur in both the autonomic and somatic nervous system during sleep The final chapter deals with the application of nasal continuous positive airway pressure for the treatment of obstructive apnea in adults This book is a valuable resource for neurologists internists psychiatrists pediatricians otolaryngologists neurosurgeons psychologists neuroscientists and general practitioners Wellness For Beginners Nicky Huys, 2025-07-01 Wellness For Beginners is a comprehensive guide designed for those embarking on a journey towards improved health and well being This book breaks down complex wellness concepts into easy to understand principles making it accessible for anyone regardless of their background It covers essential topics such as nutrition physical activity mindfulness and mental health providing practical tips and actionable steps Readers will learn how to incorporate healthy habits into their daily routines create a balanced lifestyle and cultivate a positive mindset With relatable anecdotes and expert insights this book serves as a supportive companion inspiring readers to embrace their wellness journey with confidence and enthusiasm Whether you seek to enhance your physical health emotional resilience or overall happiness Wellness For Beginners is your perfect starting point

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