

# Sleep disorders, Diagnosis, treatment and A Dentist's role in early diagnosis and treatment of sleep disorders: A Review

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## ABSTRACT

**Objective/Background:** Sleep disorders are interdisciplinary and involve a number of specialties such as respiratory medicine, neurology, psychiatry, otolaryngology, and Dentistry. 87.5% of the patients with loud snoring suffer from sleep-disordered breathing, of which 72% complain of excessive daytime sleepiness. Controversial evidence exists on the association of sleep disorders as a primary or secondary risk factor for many common systemic conditions. Yet, sleep medicine is not given emphasis in medical school education. In addition, dentists now participate in the recognition and treatment of sleep disorders. Dentist's role and involvement in the treatment and management of a sleep-disordered patient may be indirect or direct. Hence, this review explains sleep disorders, diagnosis and treatment, and the role of dentists in early diagnosis and treatment.

**KEYWORDS:** sleep disorders, dentists, sleep, sleep medicine

## INTRODUCTION

Sleep is a biological process essential to life and optimal health. Sleep plays a critical role in brain function and systemic physiology, including metabolism, appetite regulation, and the functioning of the immune, endocrine, and cardiovascular systems [1]. The peak metabolic rate occurs during sleep. Therefore, sleep has intrigued scientists around the world. Millions of Indians are plagued by sleep disorders.

It's a serious public health risk that too many doctors ignore [2]. Normal healthy sleep is characterized by sufficient duration, good quality, appropriate timing and regularity, and the absence of sleep disorders and disorders [1]. Sleep disorders can often be a symptom of an illness, or

can also be an indicator of a future illness such as depression. For these reasons, sleep assessment is an essential part of any health check-up. For this reason, many healthcare systems have put mechanisms in place to prevent sleep disorders by providing specific plans related to education and awareness of good sleep habits, knowing that their role and involvement in the management and management of a patient with sleep disorders can be indirect or direct. Therefore, this review focuses on the emerging branch of medicine, sleep medicine, its multidisciplinary approach, and the role of dentists in the early detection, treatment, and care of affected patients.

## SLEEP DISORDERS CLASSIFICATIONS

The classic clinical phenomenological

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# Sleep Disorders Diagnosis And Treatment

**Kathleen Armour**



## **Sleep Disorders Diagnosis And Treatment:**

*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

*Wake Up! You're Snoring...* David O. Volpi, John L. Werber, David O. Volpi MD, 2003 Are You Tired of Snoring Doctors David O Volpi and Josh L Werber have drawn upon their experience as otolaryngologists to provide useful medical information including Case studies of patients who have found cures for their snoring Lifestyle environmental and anatomical factors that cause people to snore How to track your snores When to consult a doctor The relationship between weight and snoring Risks associated with sleep apnea a medical problem that is much more serious than snoring Information about diagnostic tests and treatment

**Comprehensive Handbook of Psychopathology** Henry E. Adams, Patricia B. Sutker, 2013-04-17 The first edition of Comprehensive Handbook of Psychopathology was published in 1984 almost a decade ago In the interim there has been an explosion of information in psychopathology Proliferation of knowledge has included a widening base of research data and changing or new concepts and theories regarding classification measurement methods and etiology of abnormal behaviors and mental disorders It has been an active and productive period for biological and behavioral scientists and clinicians particularly in terms of changing notions of the complex interaction of environmental and biological factors in many disorders For example with the classic disorders such as anxiety and dissociative disorders our understanding while far from perfect has been greatly enhanced in recent years Whereas there was almost a vacuum of empirical knowledge ten years ago about the personality disorders concentrated efforts have been undertaken to investigate classification comorbidities and expression of the personality disorders and variants in normal personality traits In addition scientific advances in the fields of behavioral medicine health psychology and neuropsychology have greatly contributed to our knowledge of psychopathology and the interplay of psychobiological factors It is now commonly acknowledged that psychopathology is not limited to the traditional mental illness categories it also plays a significant role in many physical illnesses such as cancer and AIDS With these developments it became clear that the first edition of this handbook was outdated and that a revision was needed

**Nominations to the National Highway Traffic Safety Administration, U.S. Department of Transportation and the National Transportation Safety Board** United States. Congress. Senate. Committee on Commerce, Science, and Transportation, 2015

*Sleep Disorders Medicine* Sudhansu Chokroverty, 2013-10-22 Sleep Disorders Medicine Basic Science Technical Considerations and Clinical Aspects

presents the scientific basis for understanding sleep This book provides information on the diagnosis and treatment of a wide variety of sleep disorders Organized into 28 chapters this book begins with an overview of the cerebral activity of wakefulness and 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

Student's Guide to Psychological Practice: From Theory to Therapy Darko Pozder,2025-03-11 Darko Pozder is an Australian mental health professional who has had medical and psychological education Darko has completed extensive research and working experience at the Schizophrenia Fellowship of NSW Darko s main professional and research interest include psychopathology and neuropsychology of mild traumatic brain injury MTBI and chronic traumatic encephalopathy His book Without Stigma About the Stigma of the Mental Illness was published in 2018 and its second edition Without Stigma About the Stigma and the Identity of the Mental Illness appeared in early 2019 and has received nomination for 2020 NSW ACT Regional Achievement and Community Awards from Local health districts of NSW His books Pathophysiology of Psyche a novel La Vie De Camille Isa and The Ethnicity of Neurons were published in early 2021 2022 and 2023 respectively

**Clinical Guide to the Diagnosis and Treatment of Mental Disorders** Michael B. First,Allan Tasman,2006-07-05 A concise reference providing all the clinically relevant information required to diagnose and treat patients with mental health disorders A Clinical Guide to the Diagnosis and Treatment of Mental Disorders combines the DSM diagnostic criteria with clear detailed information on treatment options listing all drugs available for the disorder and giving full clinical management advice Each disorder is discussed under the headings of Diagnosis Differential Diagnosis including assessment issues laboratory tests or procedures gender ratio prevalence familial pattern and Treatment including therapeutic options and practical advice for patient management with the help of tables and treatment flowcharts The first book on the market to list treatment options and recommendations alongside the DSM IV classifications of each mental disorder Concise focused clinical management advice given by the experts all treatment options are discussed Diagnostic decision trees treatment flowcharts and algorithms provided for clear management guidance

**The Oxford Handbook of Sleep and Sleep Disorders** Charles M. Morin,Colin A. Espie,2012-03 A great deal of progress has been made in the characterization assessment and treatment of sleep disorders in recent years Detailing the functions of sleep and its effect on cognition and development this book offers a comprehensive practical approach to the evaluation and treatment of patients with sleep disorders

Handbook of AI and Data Sciences for Sleep Disorders Richard B. Berry,Panos M. Pardalos,Xiaochen

Xian,2024-10-18 The rise of lifestyle changes resulting from constant connectivity irregular work schedules heightened stress and disruptive sleep patterns have contributed to increasing insomnia rates Exacerbated by the COVID 19 pandemic sleep disorders are more prevalent than ever This handbook offers a comprehensive exploration of the fusion of Artificial Intelligence AI and data science within the realm of sleep disorders presenting innovative approaches to diagnosis treatment and personalized care The interdisciplinary nature of this handbook fosters collaboration between experts from diverse fields including computer science engineering neuroscience medicine public health AI data science and sleep medicine Each chapter delves into specific aspects of sleep disorder analysis innovative methodologies novel insights and real world applications that showcase the transformative potential of AI and data science in sleep medicine from analyzing sleep patterns and predicting disorder risk factors to utilizing big data analytics for large scale epidemiological studies This handbook hopes to offer a comprehensive resource for researchers clinicians and policymakers striving to address the challenges in sleep medicine

*Clinical Sleep Disorders* Paul R. Carney,Richard B. Berry,James D. Geyer,2012-01-19 This clinically focused practical reference is a complete guide to diagnosing and treating sleep disorders It is written by and for the wide variety of clinicians who encounter sleep disorders including neurologists pediatric neurologists pulmonologists pediatric pulmonologists neuropsychologists psychiatrists and sleep laboratory technicians Chapters follow a standardized template and include bulleted lists tables and clinical pearls New chapters in this edition cover dreams interpretation of the polysomnography report pediatric surgical management of obstructive sleep apnea and sleep scoring for both adults and pediatric patients Also included is an overview chapter on comprehensive sleep medicine Other highlights include updates on narcolepsy parasomnias and insomnia

**Sleep Related Disorders and Internal Diseases** Jörg H. Peter,Thomas Podszus,P.v. Wichert,2013-11-11 The normal function of the organism in various stages of activity can be seen as a process of mutual interaction of different regulation mechanisms building up the behaviour of the organism in changing situations and or ages and or levels of health or disease Insights into these very complex relations which steer the action of the organism are particularly important for the study of internal medicine They can be seen as directly related to the understanding of pathological conditions Recently the medical community has focused its interest on the physiology and pathophysiology of events which happen during sleep Although some information on pathological regulation during sleep was collected in the 1930s the modern technology of registration methods is required to analyse the phenomena of sleep related physiological and pathophysiological patterns It is interesting that the modern research in this field developed from neuropsychiatry and is now expanding into other fields of medicine although some problems for instance the Pickwickian syndrome were also for a long time considered part of the field of internal medicine It becomes clearer that sleep is not only a neuro psychiatric phenomenon but also has profound consequences for other physiological circuits perhaps even an important role in pathogenesis Sleep also has profound consequences for internal diseases This was shown very clearly recently by many

groups although their data have not yet received the attention which they deserve      **Sleep Disorders Handbook** Peretz Lavie, Giora Pillar, Atul Malhotra, 2002-06-27 Recent years have seen the rapid development of sleep medicine as a new medical subspecialty It is estimated that at least 30% of the adult population suffer at least once from some sort of sleep disturbance Patients with sleep disorders are frequently among the most difficult to treat and account for a high percentage of absenteeism in the workp      *Sleep Disorders, Diagnosis and Treatment, Parts 1 & 2* American Association for Respiratory Care, 2010      **Porth's Pathophysiology** Tommie L. Norris, 2023-12-20 Trusted for more than 40 years and updated to reflect today's nursing challenges Porth's Pathophysiology Concepts of Altered Health States 11th Edition continues a legacy of excellence with a comprehensive nursing focused approach that instills a mastery of both the physical and psychological aspects of altered health More approachable and inclusive than ever this unique text clarifies complex ideas through diverse perspectives the latest evidence based information and engaging in text features and application exercises      Handbook of Clinical Psychology in Medical Settings Ronald H. Rozensky, Jerry J. Sweet, Steven M. Tavian, 2013-06-29 For two decades I have been responding to questions about the nature of health psychology and how it differs from medical psychology behavioral medicine and clinical psychology From the beginning I have taken the position that any application of psychological theory or practice to problems and issues of the health system is health psychology I have repeatedly used an analogy to Newell and Simon's General Problem Solver program of the late 1950s and early 1960s which had two major functional parts in addition to the executive component One was the problem solving core the procedural competence the other was the representation of the problem environment In the analogy the concepts knowledge and techniques of psychology constitute the core competence the health system in all its complexity is the problem environment A health psychologist is one whose basic competence in psychology is augmented by a working knowledge of some aspect of the health system Quite apparently there are functionally distinct aspects of health psychology to the degree that there are meaningful subdivisions in psychological competence and significantly different microenvironments within the health system I hesitate to refer to them as areas of specialization as the man who gave health psychology its formal definition Joseph Matarazzo has said that there are no specialties in psychology cited in the editors preface to this book      Porth's Essentials of Pathophysiology Tommie Norris, 2019-10-17 Vital Disease Information for Your Success in Nursing Ready yourself for the realities of professional nursing practice with this proven approach to pathophysiology Distilling need to know disease content in a clear accessible format Porth's Essentials of Pathophysiology offers concise yet complete coverage of how the body works to help you establish the scientific foundation essential to success in your nursing career Approachable presentation builds understanding from basic to advanced concepts and defines key terms as you progress Chunked content including Learning Objectives Key Points boxes and Summary Concepts sections highlights critical points for reflection Full color illustrations clarify the clinical manifestations of diseases and disease processes Review Exercises at the end of each

chapter test your retention and identify areas for further study References provide fast efficient access to normal laboratory values in both conventional and SI units as well as a comprehensive glossary Narrated animations referenced by icons in the text and available online enhance your understanding of the most challenging and clinically relevant concepts

Management of Sleep Disorders in Psychiatry Amit Chopra,Piyush Das (MD),Karl Doghramji,2020 Management of Sleep Disorders in Psychiatry provides the most comprehensive and evidence based review or the clinical management of DSM V based sleep wake disorders in patients with psychiatric disorders Readers will be informed on the basics of sleep medicine clinical features and treatment of DSM V sleep wake disorders and evidence based management of sleep disorders commonly associated with a range of DSM V based psychiatric disorders This is a clinically oriented book that provides case vignettes key clinical pearls and a self assessment section to help readers prepare themselves for board and certification exams Intended for psychiatry trainees and practitioners this book could also prove useful for clinical psychologists behavioral sleep medicine specialists general sleep practitioners sleep specialists and neurologists due to its wide range of clinical topics Book jacket

**Massachusetts General Hospital Handbook of General Hospital Psychiatry - E-BOOK** Theodore A. Stern,Scott R. Beach,Felicia A. Smith,Oliver Freudenreich,Ana-Maria Vranceanu,Maurizio Fava,2024-09-05 For more than 40 years the Massachusetts General Hospital Handbook of General Hospital Psychiatry has been the gold standard guide to consultation liaison psychiatry and psychosomatic medicine Under the editorial leadership of Drs Theodore A Stern Scott R Beach Felicia A Smith Oliver Freudenreich Ana Maria Vranceanu and Maurizio Fava the fully revised 8th Edition continues this tradition of excellence for yet another generation of practitioners In a convenient handbook format it provides an authoritative easy to understand review of the diagnosis evaluation and treatment of psychiatric problems experienced by adults and children with medical and surgical conditions Features DSM 5 TR codes throughout case studies and practical tips on how to implement the most current and effective pharmacologic therapies as well as cognitive behavioral approaches Includes new chapters on Psychiatric Management of Patients with Pulmonary Conditions Psychiatric Management of Patients with COVID 19 Infection Behavioral and Psychopharmacological Management of Unhealthy Habits and Behaviors Community Psychiatry Global Mental Health Care of LGBTQ Patients and more Highlights strategies to enhance coping with medical conditions resilience adherence to treatment recommendations and mindfulness Features a new two color format for improved readability and visual clarity for tables diagrams and illustrations An ideal resource for psychiatrists residents and fellows as well as interdisciplinary practitioners who support the work of consultation liaison psychiatrists and provide independent care to medical surgical patients with comorbid psychiatric symptoms or conditions *The Encyclopedia of Neuropsychological Disorders* Chad A. Noggle,Raymond S. Dean,Arthur MacNeill Horton,2012 I am pleased to include this text in my library and I am confident that it will serve as an excellent resource for years to come PsycCRITIQUES This book serves as an A Z reference that addresses the neuropsychological aspects of 300 neurological neuropsychiatric and

neuromedical disorders Each entry follows a 5 section structure that will cover 1 essential features of the disorder 2 physiological basis of the disorder 3 neuropsychological and other clinical presentation 4 assessment and diagnostic practices 5 evidence based treatments and interventions This book is written for clinical professionals and students in training to aid in clinical awareness diagnostic accuracy and intervention successfulness The text goes beyond the emotional and behavioral aspects of each disorder and views the broader impacts of the symptoms This approach emphasizes the importance of looking at the other functional impacts of these manifestations e g cognitive deficits secondary to depression orthopaedic ambulation issues The emphasis on neuropsychological sequelae physiological basis and means of diagnosing and treating of 300 conditions across the lifespan make this the most comprehensive resource available to professionals in and around neuropsychology neuropsychiatry and the behavioral neurosciences Key Features Presents 300 highly structured entries providing disorder features pathology and physiology clinical representation assessment and diagnosis and evidence based treatments and interventions Covers neurological neuropsychiatric and neuromedical disorders across the lifespan pediatric adult and geriatric populations Includes interventions and methods of treatment for the outcomes patients may experience

**Sleep Disorders in Neurology** Sebastiaan Overeem,Paul Reading,2018-06-25 The acclaimed guide to quickly and confidently diagnosing and treating sleep disorders in neurological disease now with more algorithms and tables The diagnosis and treatment of sleep disorders can be extremely challenging for physicians especially when there is underlying neurological disease In addition to the primary sleep disorders there is a growing clinical interest in sleep disturbances associated with common neurological disorders such as Parkinson s disease This updated and expanded edition of the critically acclaimed Sleep Disorders in Neurology A Practical Approach provides doctors with expert recommendations and clear guidance on identifying sleep disorders in patients suffering from neurological diseases and providing effective treatment plans In creating this Second Edition doctors Overeem and Reading made every effort to further enhance the practical approach of the first edition by adding additional algorithms and tables to assist physicians in more rapid decision making In addition they expanded the content to include greater coverage of primary sleep disorders Classification and diagnosis chapters have been revamped to follow the 3rd International Classification of Sleep Disorders Offers physicians with a practical approach to diagnosing and treating complex sleep disorders Draws on the expertise of neurologists who specialize in the disorders under discussion Features quick access algorithms that help physicians rapidly diagnose and treat primary and secondary sleep disorders with confidence Provides guidance on when to consult a sleep specialist in managing a particular sleep disorder and Written by a multinational author team who provide a wider perspective and range of clinical experience Sleep Disorders in Neurology A Practical Approach Second Edition is an essential resource for sleep medicine specialists as well as clinicians and health care professionals not specifically trained in sleep medicine but who nevertheless need to manage neurologically damaged patients with increasingly recognized sleep wake disturbances



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