

SLEEP

and its

Disorders

What you should know



Robert G. Hooper, M.D.

Sleep And Its Disorders What You Should Know

John T. Peachey, Diane C. Zelman



Sleep And Its Disorders What You Should Know:

What You Need to Know about Sleep Disorders John T. Peachey, Diane C. Zelman, 2021-11-01 This book provides readers with the information they need to know about sleep disorders the process and purpose of sleep the importance of good sleep hygiene and the impact of modern life on our quality of sleep Good sleep is essential for optimal health yet a number of sleep disorders can interfere with consistent restful sleep From insomnia to sleep apnea and from narcolepsy to restless legs syndrome these conditions can have an enormous impact on both the quantity and quality of an individual's sleep What You Need to Know about Sleep Disorders is part of Greenwood's Inside Diseases and Disorders series This series profiles a variety of physical and psychological conditions distilling and consolidating vast collections of scientific knowledge into concise readable volumes A list of Top 10 essential questions begins each book providing quick access answers to readers most pressing concerns The text follows a standardized easily navigable structure with each chapter exploring a particular facet of the topic In addition to covering such basics as causes signs and symptoms diagnosis and treatment options books in this series delve into issues that are less commonly addressed but still critically important such as effects on loved ones and caregivers Case illustrations highlight key themes discussed in the book and are accompanied by insightful analyses and recommendations

Diagnosis and Treatment of Mental Disorders Across the Lifespan Stephanie M. Woo, Carolyn Keatinge, 2008-06-02 Designed to serve as a trusted desktop reference on issues of lifespan and cultural diversity for all mental health professionals *Diagnosis and Treatment of Mental Disorders Across the Lifespan* expertly covers etiology clinical presentation intake and interviewing diagnosis and treatment of a wide range of DSM IV TR disorders that occur in people of all ages This is an indispensable resource for all mental health professionals

Healing and Wholeness: Complementary and Alternative Therapies for Mental Health Dr. Randi Fredricks, 2008-10-09 *Healing and Wholeness Complementary and Alternative Therapies for Mental Health* provides a comprehensive overview of complementary and alternative treatments for mental health with information and research on their effectiveness for treating specific disorders Twenty two chapters document research and the current practice of using complementary and alternative therapies in treating a number of disorders including depression anxiety ADHD autism and addictions The therapies covered are both state of the art and ancient including naturopathy psychotherapy hypnotherapy nutritional therapy herbal medicine meditation and others Each chapter begins with a description of the classification of the disorder followed by discussions of scientific documentation on diet nutritional therapy herbal medicine complementary and alternative therapies psychotherapy and lifestyle changes This compendium of integrative and holistic therapies provides the reader with access to a multitude of options for improving their mental health This is a thorough guide to alternative therapies in the mental health field organizing a large amount of information in a relevant easy to use format *Healing and Wholeness Complementary and Alternative Therapies for Mental Health* can be used as a standard reference for the mental health care professional the

graduate student or anyone looking to improve their emotional health To learn more about Healing and Wholeness Complementary and Alternative Therapies for Mental Health and to read excerpts visit [www HealingandWholeness org](http://www.HealingandWholeness.org)

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