

**Sleep Disorders: Diagnosis, Management, and Treatment.
A Handbook for Clinicians.**

By Peretz Lavie, Giora Pillar, and Atul Malhotra

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In the preface to this edition, the authors state that their goal was to provide a much needed reference guide for the clinician. I congratulate them, as I believe that they have developed a volume that will serve as a useful guide for the recognition, evaluation, and to a certain extent treatment of patients who present with a variety of sleep complaints. I have observed from my own sleep disorders clinic that physicians frequently refer patients for further evaluation and treatment with an appreciation that their patients may have a problem related to sleep, but only minimal understanding of specific sleep disorders or even the interactions between chronic illness, medications, and sleep. I am convinced that many of our referring physicians would benefit greatly from reading this book.

The organizational approach chosen by the authors was to discuss sleep disorders primarily in reference to presenting symptoms. As such, the book is divided into three general topics, including hypersomnias, insomnia, and parasomnias. In addition, there is an introductory chapter relating the history of sleep medicine, which I found interesting, but would clearly be of less value to the busy general physician. The second chapter addresses the interactions between the sleep state and the physiology of different organ systems. As a sleep specialist, I found this chapter to be not only interesting but also extremely informative, and it was one of my favorite chapters from the book. However, once again this chapter would clearly be of less value to the general physician.

The next five chapters deal with the topic of hypersomnia, providing first a definition of hypersomnia, followed by various techniques to assess the presence and severity of hypersomnia. The authors quickly move to the lengthiest chapter in this book, dealing with sleep apnea. This chapter addresses not only the clinical aspects of recognizing sleep apnea and guiding therapy, but also provides valuable information about the pathophysiology and potential consequences of untreated sleep apnea. The chapter moves on to provide a brief synopsis of pediatric sleep apnea, followed by a quite detailed discussion of central sleep apnea, with which the authors include hypoventilation syndromes, high altitude sleep apnea, and Cheyne-Stokes respiration. The authors conclude this chapter with a nice review of what is known about the medical management of central sleep apnea.

The following chapter addresses periodic limb movement disorder, although I question whether this topic would be better included in the section on insomnia. However, the material offered is accurate and concise, and of substantial clinical value. The following chapter deals with other forms of hypersomnia, including narcolepsy, idiopathic hypersomnia, Kleine-Levin syndrome, and posttraumatic hypersomnolence. I believe that the brief descriptions of these disorders provide useful information of these poorly understood, but increasingly recognized, syndromes.

The following chapter is entitled "Hypersomnia: Summary and Patient Approach". However, a large portion of this chapter is devoted to the topic of fatigue, and its potential causes. As sleep physicians are well aware, the differentiation between symptoms of fatigue and somnolence can be quite difficult, and it is sometimes impossible to fully distinguish these two almost certainly linked symptoms in a given patient. I would therefore have suggested that a full chapter be devoted to our current understanding of fatigue.

The next chapter deals with the rather diffuse topic of insomnia. The authors provide useful definitions for insomnia and discuss many of the

potential contributors to this disorder. In the treatment section, the authors are quite detailed in sleep hygiene recommendations, and provide a useful table outlining the half-life and dosing ranges for commonly used sedative-hypnotics. In our clinical practice we find that additional behavioral therapy, including relaxation techniques and cognitive behavioral therapy, is a more effective treatment for chronic insomnia. I would therefore have valued more detailed descriptions of specific behavioral interventions.

The topic of parasomnias is covered fairly extensively in the last chapter, providing useful information about clinical presentations, prognoses, and effective therapies. I felt this chapter will be useful for both adult and pediatric clinicians.

I would suggest one addition for future editions. Most patients seen in our sleep clinic are receiving a variety of medications, many of which alter perceived sleep quality or daytime alertness. A chapter that addresses the common sleep effects of commonly used medications or classes of medications would be lengthy, but would provide a valuable resource for clinicians.

In summary, I congratulate the authors on preparing a comprehensive, yet very readable, volume that effectively covers the diverse topic of clinical sleep medicine. I feel that it will be useful for all who provide general medical care, including family physicians, general internists, and pediatricians. I also believe that this book will be of interest to specialists who more frequently deal with sleep disorders, including pulmonologists, psychiatrists, and neurologists. I would love to provide this for trainees in our family medicine, internal medicine, and pediatric residency programs.