Chapter 5, "Motor Disorders of Sleep and Parasomnias," addresses the parasomnias (eg, sleepwalking and rapid-eye-movement sleep behavior disorder), sleep-related movement disorders (eg, restless legs syndrome and periodic limb movement disorder), and other sleep disorders associated with movement. The chapter clearly and accurately explains the differential diagnosis between confusional arousals, sleepwalking, nightmares, and rapid-eye-movement sleep behavior disorder, which is a subject often confusing to both clinician and technologist. This achievement is repeated again later in the chapter, in a table that depicts the differential diagnosis of restless legs syndrome, periodic limb movement disorder, and related movement disorders. Following this is a quick reference pharmacotherapy guide for restless legs syndrome.

Chapter 6 covers circadian rhythm sleep disorders, an often misunderstood class of sleep disorders, particularly by those who interact primarily with patients who have sleep-disordered breathing. The topics covered include circadian biology, delayed sleep phase type, advanced sleep phase type, free-running type, irregular sleep/wake type, shift-work sleep disorder, and jet lag. These topics serve as a primer to understand and interpret the pathophysiology involving the sleep-wake cycle. The chapter also includes a table that summarizes the main complaints, preferred sleep/wake time, and treatment regimen.

The last chapter, "Sleep Disorders in Children," begins with an overview of the developmental differences in sleep patterns between infants, toddlers, preschoolers, school-aged children, and adolescents. Sleep disorders commonly encountered among children are then discussed, including limit-setting sleep type, sleep-onset association type, obstructive sleep apnea, partial arousal parasomnias, rhythmic movement disorders, sleep enuresis, and sudden infant death syndrome. Though the chapter covers the essentials of each of the common sleep disorders in infants and children, and uses relevant resources, it falls short in its coverage of the technical aspects of managing these patients. For example, it provides a superficial explanation at best of staging and scoring guidelines for pediatric sleep studies.

Though this text appears to be primarily geared toward the sleep physician or primary care provider, many sections offer essential information for the therapist, technologist, and student. For instance, much of the text and (particularly) the appendices are useful references when evaluating the patient's paperwork or when verifying information reported from the sleep history and physical. Appendix C provides a quick reference to the Multiple Sleep Latency Testing guidelines. Appendix D provides the therapist and technologist with a quick reference to common issues with patient adherence to continuous positive airway pressure, and suggested corrective measures. Appendix E provides a primer on sleep hygiene, which is a useful tool for patient education. Appendix K provides the scoring technologist with a summary of the Rechtschaffen and Kales (1968) scoring criteria, which is a practical resource when staging sleep studies. However, its relevance may be short-lived, as the American Academy of Sleep Medicine is about to publish *The AASM Manual for the Scoring of Sleep and Associated Events: Rules, Terminology, and Technical Specification*. Appendix B is a body mass index table that also appears on the back cover and is thus redundant.

This book answers the need for a succinctly written sleep disorders text that conveniently fits in a lab coat pocket. It provides a broad introduction to sleep disturbances and associated comorbidities, and discusses the major sleep disorders' epidemiology, diagnostic criteria, differential diagnosis, assessment tools, management, and follow-up.

Overall, there appears to have been considerable thought to making the text user-friendly. There are complete and current reference lists at the end of each chapter, organized in order of citation. The index is both comprehensive and accurate. This text is timely in that it integrates the most recent version of the ICSD with a symptoms-based approach to diagnosing and managing sleep disorders. The material is organized and clinically relevant, focused, and designed for easy accessibility. The tables and figures, though organized, lose some readability due to scaling to fit the relatively small page size. Though some may argue that the material is too broad or lacking in detail in its explanations, it appears to achieve its goal to provide the reader with a valuable and indispensable reference guide. A major strength is the degree to which the clinical approach format is described in the context of current research and evidence-based medicine. This text may very well become a common fixture in the sleep laboratory or in the pockets of sleep clinicians.

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Sleep Apnea: Current Diagnosis and Treatment. Winfried J Randerath, Bernd M Sanner, and Virend K Somers, editors. *Progress in Respiratory Research* series, volume 35. Chris T Bolliger, series editor. Basel: S Karger. 2006. Hard cover, illustrated, 243 pages, $171.

Sleep medicine is a young and rapidly developing specialty. As an emerging specialty with an expanding knowledge base, there is a need for more educational materials. The potential audience for such material is diverse; it includes students, primary care providers, sleep specialists, sleep researchers, respiratory therapists, and sleep technologists. There have been a number of new texts published in the last several years to meet this demand.

Sleep-related breathing disorders, particularly obstructive sleep apnea (OSA), are the most common disorders seen by sleep specialists, and because of their high prevalence in the general population, they are also important to other health care providers. This book, which is volume 35 in the *Progress in Respiratory Research* series, covers the diagnosis and treatment of sleep apnea. The volume editors aim to "summarize the state-of-the-art knowledge on sleep-disordered breathing" for a target audience of clinicians and researchers involved in this field. This text largely achieves that goal.

This book is most appropriate for sleep specialists and physicians training to become sleep specialists. The depth of information may not be sufficient for sleep researchers. Certain chapters would be of value to respiratory therapists, sleep technologists, and primary care providers, to deepen their knowledge of sleep apnea.

This book is good as a quick reference on specific sleep apnea topics and as a relatively comprehensive and up-to-date overview of the field. It provides a current re-

view in an unbulky, easy-to-read format, with relatively short chapters. Each chapter begins with a chapter abstract. The figures and tables are useful. The references cited are pertinent, though the most recent are from 2005. The index is helpful for finding specific information quickly. As with any book that seeks to be up to date, its value will diminish as its information becomes dated.

The editors assembled 47 expert contributors from throughout the world. The inclusion of experts from outside the United States, who as a group are often under-represented in texts, is welcome. They bring a fresh perspective for those who have read other commonly used texts on these topics. The book has 28 chapters, which cover the diagnosis, pathophysiology, and treatment of sleep apnea. Though the majority of the focus is on OSA in adults, there are chapters devoted to central sleep apnea and hypoventilation syndromes, and to sleep-related breathing disorders in children.

The first chapter provides an overview of the clinical approach to sleep disorders in general. This is followed by 3 chapters that provide summaries of the physiology of sleep, breathing during sleep, and cardiovascular, endocrine, and renal systems during sleep. These chapters are brief and provide useful review for the clinician or student, though they may not be sufficiently detailed for some specialists and researchers.

Chapters 5 and 6 cover the use of questionnaires to assess sleepiness and quality of life, and they do a good job of discussing the importance and limitations of these tests. Chapters 7 through 9 provide clearly written coverage of the monitoring of physiologic functions during sleep. Chapters 10 through 12 are very readable reviews of the basic science of the upper airway syndrome and obstructive sleep apnea.

Chapters 13 through 15 deal with the pathophysiology of OSA, including oxidative stress, genetics, and upper airway muscles. The chapters are concise, comprehensive, readable, and at a level that will be helpful to students and specialists. Chapter 16 provides a well-organized and easy-to-read overview of the presentation, diagnosis, and treatment of OSA, and includes a useful discussion of factors that make continuous positive airway pressure difficult to use. It is followed by clinically helpful chapters on automatic positive airway titration and humidification. Chapters 19 through 23 cover alternative OSA therapies, both accepted (oral appliances, surgery, and conservative measures) and proposed (electrical stimulation of the upper airways muscles and cardiac pacemaker therapy).

Chapter 24 provides a good overview of central sleep apnea, though it does not adequately explain the loop gain model, which is an important but somewhat difficult concept. This chapter also covers sleep-related hypoventilation, which deserved a chapter of its own. The coverage of hypoventilation is not comprehensive or detailed enough to address the needs of sleep specialists. Chapter 25 covers the cardiovascular consequences of sleep apnea well and also relates well to previous chapters. The final chapters (26 through 28) deal with special populations, including children, the elderly, and pregnant women.

The chapter materials are well selected and they cover the main issues of interest to sleep specialists and students. Generally, the most important references for each topic are cited, including recent literature. The style is clear, concise, and readable. For some topics the reader may need to access a more comprehensive textbook for details.

In conclusion, **Sleep Apnea: Current Diagnosis and Treatment** is a useful resource for sleep specialists and those seeking to become specialists. Despite the large number of new sleep medicine texts available, this text serves an important niche. It is a nice bookshelf companion to a more comprehensive (and bulky) definitive text such as *Principles and Practice of Sleep Medicine.* It provides well written, comprehensive, up-to-date, evidence-based reviews of important topics by experts on sleep apnea.

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