within the chapters. A few epochs of common polysomnographic findings are shown in Appendix C, but incorporating more figures in the body of the text would be more effective and helpful.

In summary, *Sleep Medicine: Essentials and Review* is an extremely well written textbook covering all major aspects of sleep disorders in an easy-to-use and accessible manner. It is ideally suited for use in the busy clinics of primary-care providers and medical specialists, and is an excellent source for all health and respiratory care providers who are interested in learning more about sleep medicine.

Sina A Gharib MD  
Sleep Disorders Center  
University of Washington  
Seattle, Washington

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REFERENCE


The modern medical textbook editor faces a special challenge in attempting to comprehensively describe the current science and therapy of lung cancer. For several decades medicine has made incremental improvements in patient care while outcomes (survival) have remained dismal. We now find ourselves on the threshold of new scientific advances with the promise of dramatic improvements in the care of patients with lung cancer. The editors and contributors of *Lung Cancer*, 3rd edition, have succeeded in creating, as they intended, a concise yet thorough review of the field, which will prove very useful to clinicians providing multidisciplinary lung cancer care. The editors represent the 3 major disciplines of thoracic oncology (thoracic surgery, radiation oncology, and medical oncology), and this provides the book with a helpful balance. The editors also reveal their bias about the future in the book’s preface: “We are optimistic that progress will continue at a rapid pace and that deaths from lung cancer will continue to decrease.”

The text contains 28 chapters, appropriately beginning with “Smoking Cessation” and ending with “Natural Agents for Chemoprevention of Lung Cancer.” Each chapter has a consistent format, with an introductory paragraph, a succinct description of clinical standards, a discussion of new science (particularly useful), and conclusions. The reference lists are excellent and current. The tables and figures use consistent graphics and are clear and to the point. In the center of the book are high-quality color plates showing common and unusual (eg, fetal adenocarcinoma) histopathology, as well as illustrations supporting new treatment technologies such as intensity modulated radiation therapy.

Several chapters stand out as particularly well written and relevant. “The Molecular Genetics of Lung Cancer” takes the reader from the beginnings of our understanding of cancer genetics to current research on mutations in the tyrosine kinase domain of the endothelial growth factor receptor. “The Role of Mediastinoscopy in the Staging of Nonsmall Cell Lung Cancer” clearly describes the role and technique for this standard surgical procedure, including a comparison with other staging options, such as endoscopic and endobronchial ultrasound. “Targeted Genetic Therapy for Lung Cancer” provides a review of treatment options, such as p53 tumor suppressor gene replacement, with a nice discussion of the relationship between genetic therapy and conventional chemotherapy and radiation therapy.

Are there features of the book that are less useful? I do not detect any important content deficits. Chapters devoted to an overview of lung cancer management, the appropriate use of clinical guidelines, and current practice in palliative care might have been useful for most clinicians, but I suspect their absence is intentional and this does not diminish the value of the book.

This text will be useful for clinicians of all backgrounds, and is particularly well suited to inform lung cancer care in the multidisciplinary setting. In an era of ready access to electronic media and encyclopedic textbooks, this concise volume is remarkably complete in fewer than 500 pages. Perhaps it is most useful in providing a solid foundation of clinical science as a framework for the integration of new knowledge.

In a clinical realm where scientific discovery moves faster than our educational models, this is particularly helpful. Undoubtedly, sections of *Lung Cancer* will soon be dated. Rather than dwell on this inevitability, we should look forward to the 4th edition.

Peter W Bates MD  
Maine Medical Center  
Portland, Maine

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Sleep disorders have a profound impact on individuals, leading to diminished quality of life, poor daytime functioning, as well as substantial medical costs. Although we spend about one third of our lives sleeping, our understanding of sleep disorders has lagged behind most other medical disciplines. There has been an explosion of interest and understanding of sleep disorders in the past 25 years, and anyone working with patients has been aware that clinical sleep disorders are rampant. Surveys have documented that during a typical year more than 40% of adults experience a sleep problem. Common and well known sleep problems include insomnia, sleep apnea, and excessive daytime sleepiness, but the recent American Academy of Sleep Medicine’s International Classification of Sleep Disorders (ICSD–2–2005) includes 70 disorders of sleep in 8 broad categories. As a physician who sees patients with sleep problems, most of my social encounters lead to someone mentioning a concern or question about their own sleep or a sleep problem experienced by a loved one.

In this book, Smith and his co-editors address the wide range of sleep disorders. The book is intended for neurologists, psychiatrists, psychologists, pulmonologists, and internists, as well as health-care professionals in training. The book consists of an introduction and 14 chapters divided into 3 main sections: “Normal Sleep,” “Sleep Disorders,” and “Sleep in Specialty Areas.” There are 28 authors: 16 from the United States, 7 from Germany, 2 each from Canada and Italy, and 1 from France. Most are well recognized international experts in their sleep area of interest, and the quality of the