

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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Lung Cancer, 3rd edition. Jack A Roth MD, James D Cox MD, and Waun Ki Hong MD DMSc. Malden, Massachusetts: Wiley-Blackwell. 2008. Hard cover, illustrated, 480 pages, \$179.95.

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 Medicine. Harold R Smith, Cynthia L Comella, and Birgit Högl, editors. Cambridge, United Kingdom: Cambridge University Press. 2008. Soft cover, 270 pages, \$70.

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

information presented is reflective of that. Given the wide geographic locations of the authors and editors, the consistency in style and the lack of redundancies in this book is a credit to the editors and makes for easy reading.

The first section of the book contains an introduction and 2 chapters: one on normal sleep and the other on the evaluation and testing of the sleepy patient. The introduction consists of a discussion of basic neurology of sleep—a very complex topic but important for the understanding of sleep disorders and their treatment. Unfortunately this chapter is short (4 pages): certainly not long enough to give a basic understanding of this topic. In addition, no diagrams or figures are used in this introduction. This seems to be an important deficiency for a topic where diagrams can summarize complex interactions in a manner that makes the connections come to life and the clinical implications better understood. Chapter 1 is an excellent summary of normal sleep, and uses diagrams liberally and effectively to demonstrate aspects of normal sleep that are important for any clinician to understand. Chapter 2 reviews the evaluation and testing of the sleepy patient, and does an excellent job but also delves into the evaluation of the patient with insomnia, somewhat overlapping with subsequent chapters. Regardless, it is an excellent review of the clinical approach to the sleepy patient.

The second section of this book contains 6 chapters covering parasomnias, circadian rhythm disorders, excessive somnolence disorders, insomnias, restless-leg syndrome/periodic-limb-movement disorder, and, finally, sleep apnea (central and obstructive). This section of the book is excellent and offers superb reviews of these common and uncommon sleep problems. I was personally very impressed with the chapters on parasomnias and circadian rhythm disorders. Both chapters offered me a new view of

these problems, even after being involved in these sleep problems for many years. The figures (especially figures 4.1 and 4.2) in the circadian rhythm chapter are very instructive and bring difficult concepts to light. The chapter on insomnia is excellent, and has a comprehensive review of the non-pharmacologic management of insomnia—the most important aspect of the treatment for most patients. The chapter on restless-leg syndrome and periodic-limb-movement disorder is comprehensive and has an excellent review of medication management of these patients. The final chapter, on sleep apnea, is excellent, but, frankly, the value of this book is really about all the *other* sleep issues well covered in this book. This book should not be bought based on the expectation that it will be valuable for the practitioner interested in sleep and breathing disorders. Many other texts cover this important topic in much greater detail and in a more comprehensive manner.

The final section of this book contains 6 chapters covering sleep in specialty areas: sleep as it relates to neurologic disorders, psychiatric disorders, medical disorders, pediatrics, geriatrics, and forensic sleep medicine, respectively. The first 3 of these areas are commonly seen in all primary-care practices, and are some of the more difficult sleep problems to manage. These chapters are well written and offer excellent summary advice in many areas of interest to primary-care providers.

There are a few deficiencies I noted in this book. First and foremost, I found the lack of documentation of statements with sources difficult. Although all chapters were followed by a list of further reading, many statements and figures would be strengthened by numbered references. For example, in Chapter 5, on page 88, during a very interesting and informative discussion of idiopathic hypersomnia, there is a statement based on a study looking at subjective clin-

ical data in patients with narcolepsy compared to idiopathic hypersomnia, but the original study is not cited and is not easily found in the further-reading section. In a similar vein, there are figures (eg, figure 8.1, page 130, a section of a polysomnogram) that may be helpful, but without clarification in the legend in regards to abbreviations, the figure is useless to anyone except sleep experts who commonly look at such sleep studies. Finally, some references are not current. In Chapter 6 (page 101) on insomnias, a statement about actigraphy refers to an American Academy of Sleep Medicine statement from 2003. This statement was updated and changed in some important areas in 2007.¹

Despite my criticisms, this is an excellent and thorough textbook of sleep medicine. It should be very useful to many non-sleep specialists who see diverse patients with sleep disorders. It is not intended for the sleep specialist nor the practitioner interested specifically in sleep and breathing disorders. It is an ideal text to have on the shelf for a quick review of a sleep disorder not commonly seen in practice, or for information about specific aspects of management of commonly seen sleep problems.

Louis S Libby MD

Pulmonary, Critical Care, and
Sleep Medicine
The Oregon Clinic
Portland, Oregon

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